



SPICED CRANBERRY-ORANGE SAUCE

By Dr. Cindy Tanzar
(Standard/Maintenance)

We often get requests for this Thanksgiving favorite every year. It is a traditional favorite that, with its tart and somewhat bitter tang, really helps to cut through the richness of all the other dishes. This recipe is a healthy, fresh alternative to the canned, overly-sweetened cranberry sauces. It will be one of the easiest sides you make for

Thanksgiving, yet will yield a lot of flavor and beautiful color on your table. This recipe would count as a fruit, however, you probably won't want to eat an entire cup!



INGREDIENTS

- 12 oz package fresh cranberries
- 2/3 cup Swerve Confectioners (or more to taste)
- 1/4 tsp ground cinnamon
- 1/8 tsp ground cloves
- 1 orange, zested
- 3 Tbsp juice squeezed from the orange
- Pinch of Pink Himalayan salt



INSTRUCTIONS

Combine the ingredients into a medium saucepan. Bring to a boil, then reduce heat to a gentle simmer. Simmer for approximately 10 minutes or until cranberries pop and a thick sauce and deep red color forms.