



## DRIED CRANBERRIES

By Dr. Cindy Tanzar

(Standard/Maintenance/Special Occasions)

*Only do this recipe periodically due to the amount of swerve/allulose.*

After trying many recipes to dry cranberries and tossing all of them, I finally found one that worked on the All Day I Dream About Food website. Store-bought dried cranberries are full of sugar per serving and will throw you right out of weight loss mode. This recipe utilizes Swerve and allulose (very important!) to balance out the “cooling” flavor of erythritol and keep them from being gritty. The oil is important to keep the cranberries chewy and not crunchy. Although low-glycemic, recipes that use sugar alcohols like Swerve are fine on occasion, but not to be used daily.

Makes about 14-15 servings. One serving is 1/4 cup and covers half your fruit for one meal.



### INGREDIENTS

12 ounces fresh cranberries

1/3 cup Swerve Confectioners

1/3 cup powdered allulose\*

2 Tbsp. avocado oil



## **INSTRUCTIONS**

Preheat oven to 200°F. Line a rimmed baking sheet with parchment paper.

Cut the cranberries in half and toss in a bowl with the Swerve Confectioners, allulose and avocado oil. Spread on the baking pan, trying to separate each berry as much as possible.

Place in the oven to dry for 3-4 hours (see notes). Let cool on the pan. Store in an airtight container in the refrigerator for several months.

## **DEHYDRATOR METHOD:**

Prepare the berries as above and spread out in a dehydrator. Place the setting on 125°F for 8-12 hours or until berries are dried to your liking. Due to size variations, you may want to remove some earlier than others.

## **NOTES:**

Since all cranberries aren't the same size, some can tend to dry faster than others. Check the berries after 3 hours. I have had to blot a bit of water from the parchment paper after 3 hours with a paper towel and dry them longer. Check every 15-30 minutes after 3 hours in the oven. If some are dried sooner than others, you can remove them and continue to dry the others.

\*Allulose can be found at many health-food stores or next to Swerve in many grocery stores. Amazon also carries it, as well. Be sure to purchase powdered allulose.