



## Healthy Cranberry Sauce



**A Thanksgiving feast deserves some delicious homemade cranberry sauce.**

### **Ingredients:**

- 12 ounces fresh cranberries
- $\frac{3}{4}$  cup fresh orange juice
- $\frac{1}{3}$  to  $\frac{1}{2}$  cup honey or maple syrup

### **Instructions:**

1. Combine cranberries, orange juice and honey or maple syrup in a saucepan. Simmer over medium heat until berries pop and sauce thickens, about 10-15 minutes.
2. Cool completely and refrigerate.
3. Serve at room temperature.

**Makes 6 servings. Count each serving as a treat.**