

# Orange Cranberry Sauce

This great for holidays or for any time of the year. Put it on sprouted bagels (instead of sugary jam) or on turkey sandwiches, crackers, etc.

## INGREDIENTS \*WHEN POSSIBLE, USE ORGANIC OR LOCAL GROWN PRODUCTS

- 1/2 CUP OR 12 OZ WHOLE CRANBERRIES
- 1-2 TBS GRASS-FED BUTTER, COCONUT OIL, OR GHEE
- 1/2 CUP ORANGE JUICE
- 1/4 CUP GRADE-B MAPLE SYRUP
- 1 TSP VANILLA
- 1/2 TSP PINK SALT
- OPTIONAL: ADD WALNUTS (OR NUTS OF CHOICE)



## INSTRUCTIONS

1. MELT BUTTER/OIL IN A SKILLET, ADD BERRIES & SAUTÉ 1-2 MINUTES UNTIL SLIGHTLY SOFTEN
2. ADD REST OF INGREDIENTS AND COOK UNTIL CRANBERRIES POP (TO REDUCE BITTERNESS) & SAUCE IS THICK. HELP BERRIES POP BY USING A FORK OR SPATULA.
3. REMOVE FROM HEAT & ENJOY WARM OR COLD.
4. STORES 5 DAYS IN FRIG.