

Traditional Cranberry Sauce (No Sugar Added!)

Ingredients:

1 12oz bag of fresh or frozen cranberries
1 cup fresh orange juice
1 tsp minced fresh ginger
1 tsp minced orange zest
1/4 tsp cinnamon
1/2 cup crushed pineapple
1/2 cup honey



Directions: Bring orange juice, ginger, zest and cinnamon to a boil on high heat in a medium saucepan. Rinse cranberries and add once liquid is boiling. Reduce heat to medium and cook uncovered for about 10 minutes. Add crushed pineapple and honey. Remove from heat and cool.

Recipe from The World's Healthiest Foods

Cranberry Chutney

Ingredients:

2 cups chopped Braeburn apple
2 cups whole cranberries
1/4 cup chopped onion
3/4 cup brown sugar
1/2 cup golden raisins
1/2 cup white vinegar
1/2 tsp. chopped garlic
1 medium red pepper chopped
1 Tbsp grated ginger root (or 1 tsp ground ginger)

Directions: Combine all in a non-aluminum kettle. Simmer until all fruits and vegetables are tender, about 20-30 minutes. Stir often to prevent scorching.

Recipe from the Wisconsin State Cranberry Growers Association