

# Cranberry Sauce with Apples & Ginger

The short harvest season for cranberries coincides perfectly with the Thanksgiving feast – and we wouldn't have it any other way! Whether you use the fresh or frozen type, these berries break down as they cook, while the apples stay slightly firm, creating a pleasing variety of textures and tastes in our revamped cranberry sauce. Plus, the slight spiciness of fresh ginger gives this not-too-sweet fat-free condiment a pleasant kick.



**Serves:** 8

**Makes:** 2 cups

**Hands-on time:** 17 minutes.

**Total time:** 3 hours, 17 minutes (includes chilling).

**CATEGORY:**

[Gluten Free](#), [Vegetarian](#)

## INGREDIENTS:

- 12 oz cranberries, fresh or frozen and defrosted
- 1 apple, cored and chopped into 1/3-inch pieces
- 1/2 cup raw organic honey
- 1/2 cup water
- 1 1/2 tbsp fresh ginger, finely minced
- Zest and juice
- 1/2 lemon
- 1/8 tsp sea salt

## INSTRUCTIONS:

1. Add all ingredients to a large saucepan and bring to a boil over medium–high heat. Reduce heat to medium–low and cook for 8 to 10 minutes, or until cranberries break down, apples soften and mixture thickens (sauce will continue to thicken slightly as it chills). Stir often to prevent sticking on bottom of pan. Transfer to a serving dish or storage container, cover and chill for at least 3 hours.

Nutrients per 3–tbsp serving: Calories: 84, Total Fat: 0 g, Sat. Fat: 0 g, Carbs: 21 g, Fiber: 2 g, Sugars: 18 g, Protein: 0 g, Sodium: 24 mg, Cholesterol: 0 mg