

Cranberry Sauce

Left over cranberry sauce is yummy the next day on a piece of whole wheat toast.

Ingredients

4 Cups Fresh Cranberries, picked over
1 hard, tart apple, peeled, cored and cut into chunks
1 cup orange juice
1 cup water
¼ cup organic honey
Rind of one orange, pith removed, minced



Preparation

- Rinse cranberries under running water.
- Place rinsed cranberries and apple in a medium saucepan with orange juice and water.
- Cook berries over high heat to low and add honey and orange peel.
- Continue cooking over low heat for another 15 minutes.
- The liquid should stick to the back of a spoon.
- Remove from heat and let cool.
- Transfer to a bowl and cover with plastic wrap.
- Keep refrigerated until ready to use.