

Phase 2 Cranberry Sauce

Cranberry Sauce is a holiday staple in many households, but the canned variety is often loaded with sugar and lacks the substance and delicate flavors available in whole cranberries. This simple sauce recipe can be drizzled over your holiday favorites or used as a fruity dessert. My family eats it straight off the spoon!

Phase 2 Cranberry Sauce (6 to 8 servings)

$\frac{1}{3}$ cup raisins	1 tablespoons honey
$\frac{1}{2}$ medium Fuji or other sweet apple or pear, cored, and diced	1 tablespoons maple syrup
1 cup water	$\frac{1}{2}$ teaspoon tangerine or orange zest, and/or a squeeze of tangerine juice to taste
$1\frac{1}{3}$ cup whole, fresh cranberries	Optional: $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon ginger juice
Pinch of salt	

Preparation

Place raisins, apples, and water in a pot. Bring to a boil.
Turn heat down to a simmer, and cook for ten minutes or until raisins are soft.
Add cranberries, salt, honey, and maple syrup.
Bring back to a boil. Reduce heat and simmer until cranberries have popped.
Simmer another 10 minutes to fully soften the cranberries.
Add tangerine zest and optional ginger juice to taste.
Pulse with an immersion blender to create chunky sauce.
Refrigerate to set before serving.

What to do with leftover cranberry sauce:

Mix with pear slices and bake the mixture in a pie shell for a delicious fruit pie or serve as a Pear Chutney side dish.

Servings: 8
Calories: 59

Carbohydrate: 15 g
Protein: 1 g

Fat: 0 g

Variations:

For Phase 3: replace apple chunks and water with $\frac{1}{2}$ cup apple juice and $\frac{1}{4}$ cup applesauce. Boil raisins with the apple juice and add the applesauce when the cranberries are added.

Recipe from the Chef Dawn Ludwig Blog at <https://www.DrDavidLudwig.com/category/chef-dawn/> for more recipes by Chef Dawn see the book ALWAYS HUNGRY? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently