

Cinnamon Apple Cranberry Sauce

Serves 12



Ingredients:

- 2 cups cranberry juice
- 1 1/2 cups sweetened dried cranberries
- 1 teaspoon ground cinnamon
- 1/2 cup sugar
- 2 apples, washed, cored and diced, with peel on
- 2 teaspoons cornstarch

Directions:

1. In a medium saucepan over medium heat, stir together the cranberry juice, dried cranberries, cinnamon and sugar. Bring to a boil, and let cook for 5 minutes.
2. Add apples and cook, stirring occasionally, until the cranberries have softened and apples are tender, about 5 minutes.
3. Pour 1 cup of the liquid from the apple mix into a small bowl. Whisk in the cornstarch. Slowly add the cornstarch-juice mixture back to the cranberry-apple mixture in the pan, stirring constantly. Cook for an additional 5 minutes.
4. Remove from heat and pour into a serving bowl. Refrigerate until thickened, about 30 minutes. Serve as a side dish for meat or poultry. Cover and refrigerate leftovers.

Recipe adapted from the Food Network

Nutrition Facts	
Serving Size (94g)	
Servings Per Container 12	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	8%
Sugars 25g	
Protein 0g	
Vitamin A 0%	Vitamin C 15%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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