



Lakeland Natural Health

Cranberry Sauce

Ingredients:

*Use Organic Ingredients when possible

1	12oz package	Cranberries
4	Small	Oranges (mandarin or clementine variety)
1/2	Cup	Maple Syrup
1	Cup	Water
1	tsp	Cinnamon

Optional for thickness: Tapioca starch or arrowroot powder and water, made into a slurry

Optional for additional sweetness: Add ¼ cup more Maple Syrup or Stevia to taste.

Instructions:

1. Rinse cranberries, Wash oranges, and then zest all 4 oranges using a Microplane or a grater. Peel oranges and segment them.
2. In a saucepan, add cranberries, oranges, orange zest, water and cinnamon. Bring to a boil – be careful, cranberries will be bursting and may splatter.
3. Once boiling, turn heat to low, simmer sauce for 20 minutes. If you'd like thicker sauce, this is the time you would whisk in the slurry.
4. Pour sauce into a bowl and allow it to cool and set at room temperature for at least one hour. Store in the refrigerator until ready to serve.