
Cranberry Relish

This recipe can be used for all nutritional needs.



Serving Size 1/4 c

Ingredients:

12 oz. Cranberries, fresh
1 c Splenda®
3/4 c Apple Juice
1 Cinnamon Stick
2 c Tangerines, chopped

Directions:

1. Wash all fresh fruits and vegetables thoroughly prior to use. Set aside to dry.
2. Combine Splenda, apple juice and cinnamon stick in a medium saucepan. Bring to boil and add fresh cranberries. Return to boil, reduce heat and simmer slowly for 10 minutes, stirring occasionally. Remove from heat and remove cinnamon stick. Add diced tangerines all at once and blend into cooked cranberries, cover with lid and cool at room temperature.
3. Refrigerate until time to serve. Portion 1/4 c serving onto serving dish. Use immediately or refrigerate for up to 3 days.

Special Dietary Note:

For autoimmune diets, personal sensitivities must be considered.

PER SERVING (1/4 c):

Calories	29
Total Fat	0
Sodium	1
Potassium	71
Carbohydrates	7
Protein	.3
Fiber	1.6