

HOMEMADE CRANBERRY SUACE

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (serving =2 tablespoons)

Nutrition (per serving)

Calories: 20

Total Fat: 0 g

Saturated Fat: 0 g

Sodium: 0 mg

Total Carbohydrate: 6 g

Dietary Fiber: 1 g

Total Sugars: 2 g

Protein: 0 g

PREP TIME: 15 min

COOK TIME: 10 min

TOTAL TIME: 25 min

Ingredients

3 cups cranberries (fresh or frozen)

1 cup Splenda or Monk Fruit Sweetner

1 medium orange, peeled and sectioned

1/2 cup water

1 teaspoon cornstarch

Directions

1. In a medium saucepan, combine cornstarch, Slenda and water over medium high heat, stirring until granules are dissolved.
2. Add fruit and bring to a boil, stirring consistently.
3. Reduce heat and simmer for 5 minutes until cranberries begin to pop and mixture has thickened. Set aside to cool.
4. Pour into a bowl and refrigerate for 3 hours.
5. Serve and enjoy!