



Blue Yonder Urban Farms

<http://blueyonderurbanfarms.com>

Sugar Free Cranberry Sauce

THE RECIPE

Ingredients:

- 1 Cup Fresh Whole Cranberries, Washed & Cleaned
- 1/4 Cup Dates, Pitted
- 3/4 Cup Water

Instructions:

1. Using a blender or food processor add everything and chop fine, I used my small chopper.
2. Pour into a small pan and put over medium heat, while stirring bring to a boil.
3. Stir & Boil till foam disappears and the color deepens, it should look like a thick sauce.
4. Boil for about 5 minutes, maybe a little longer, do not boil so long that all the water evaporates.
5. Pour into heat resistant containers, let cool and enjoy.
6. Makes close to 1 cup

I hope you enjoy, Sugar Free Cranberry Sauce! Enjoy!

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