

FRUITY CRANBERRY SAUCE

SERVING SIZE: 12 PEOPLE

- 1 Cup Water
- 1 Cup Sugar
- 1 Pkg. Fresh Cranberries
- 1 Orange (peeled) chopped finely or pureed
- 1 Apple
- 1 Pear
- 1 Cup Chopped Dried Apricots
- 1 Cup Chopped Pecans
- 1 t Ground Cinnamon
- 1/2 t Ground Nutmeg

In saucepan, bring water and sugar to boil until sugar dissolves.
Reduce heat to simmer, add remaining ingredients.
Cover and simmer for 30 minutes, stirring occasionally.
Remove from heat and let cool. Refrigerate or serve at room temperature.



Serving Size:	1
Calories:	193 Kcals
CHO:	35 gm
Fat:	7 g
Protein:	1 gm
Cholesterol:	0 gm
Sodium:	9 mg



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