

CRANBERRY SAUCE

INGREDIENTS

8 ounces cranberries	cinnamon to taste
1/2 cup water	nutmeg to taste
stevia to taste	cloves to taste
lemon, lime or orange peel - optional	1 squeeze lemon

PROCEDURE

Rinse and drain the cranberries. Place in small pot.

Add water and a squeeze of fresh lemon. Add grated peel if desired.

Bring to a simmer and add stevia to taste.

Stirring frequently, simmer for five minutes or until cranberries burst and turn into a sauce like consistency.

Add additional water if desired.

Place covered dish in refrigerator until chilled.

NATURAL HEALTH

2000 Jefferson St. Quincy, IL 62301
(217) 228-2040