



Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

Fruity Cranberry Sauce

Ingredients

- 1 12 oz package cranberries (about 3 cups)
- 1 cup chopped dried apricots
- 1 ½ tbs tangerine zest
- 1 2/3 cups tangerine juice
- 1 cup sugar
- 1 tsp dried ginger
- 1/3 cup honey

Directions

1. Stir all ingredients together in a saucepan over medium heat until the sugar dissolves.
2. Cover and increase heat to boil.
3. Boil about 10 minutes, or until the cranberries pop, stirring occasionally.
4. Let cool; it will thicken as it cools.
5. Store in the refrigerator.

Nutrition Information Makes 12 servings (1/4 cup)

Per serving:

Calories: 150
Fat: 0g
Protein: .5g
Carbohydrate: 39g
Fiber: 2g
Sodium: 7.5mg



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Eat Smart