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Cranberry Relish

By Lucia Tiffany, MPH, RN, CLC

Ingredients

- 3 cups (12 oz. bag) fresh or fresh frozen cranberries
- 1 organic naval orange, well washed
- 1 cup Sucanat, panela, or coconut sugar
- A bit of fresh, finely grated ginger to taste (optional)

Instructions

1. Zest the orange and save the zest. Peel the white off the orange and discard. Cut the orange into quarters.
2. Put the cranberries, ginger, and orange into a food processor till ground up. Turn out into glass dish with cover.
3. Stir in the sugar, cover tightly, and allow to sit in the refrigerator at least overnight.

Bonus Tips

- Will keep for at least a week.