

Simple Cranberry Sauce



INGREDIENTS

- 12 oz fresh or frozen cranberries
- 2 pears, peeled and cubed
- 1/4 cup of honey
- 1/2 cup of water
- 1/4 cup of 100% orange juice
- 1/2 tsp ground cinnamon
- 1/2 tsp orange zest

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PREP TIME: 5 minutes **COOK TIME:** 15 minutes

DIRECTIONS

1. Wash your hands and clean your cooking area.
2. Rinse cranberries and discard any bad ones.
3. Rinse pears, peel and cut into small cubes.
4. In a medium saucepan combine cranberries, pears, water, and honey. Bring the mixture to a boil over medium-high heat, then reduce heat to medium-low and cook, stirring occasionally, until cranberries burst and the mixture has thickened to your liking, about 5 to 10 minutes.
5. Remove the pot from heat and stir in orange juice, cinnamon, and orange zest.
6. The sauce will continue to thicken as it cools. Store in refrigerator.
7. Enjoy!

Nutrition Facts	
16 servings per container	
Serving size	1 serving (60g)
Amount per serving	
Calories	40
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 4g Added Sugars	8%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 0mg	0%
Potassium 36mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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