APPLE-CRANBERRY SAUCE
This turkey side dish uses a fraction of the sugar that classic cranberry sauces use and tastes great served warm or cold.
Makes about 3 cups

Ingredients:

- 6 apples (Macintosh or Granny Smith), peeled, cored and diced
- 1 cup fresh cranberries
- ¼ cup water
- ½ tsp ground cinnamon
- ¼ tsp ground ginger (optional)

Directions:

1. Place all ingredients in a medium sauce pot on medium-high heat. Bring to a simmer and put on the lid. Simmer until apples become soft and cranberries burst, about 15 minutes.

2. Remove the pot from the heat. Using a potato masher, mash the apple mixture until no lumps are seen or puree in a food processor.

Recipe note: May substitute the fresh cranberries with ½ cup canned cranberry sauce – it’s still less sugar and lots of flavor!

Nutritional Information per ¼ cup serving:

- Calories: 55
- Total Fat: 0g
- Saturated Fat: 0g
- Sodium: 4mg
- Carbohydrates: 14g
- Cholesterol: 0g
- Dietary Fiber: 2g
- Protein: 0g