Cinnamon Cran-Apple Sauce
Makes 8 servings
This is a nice change from regular cranberry sauce. Serve with roast pork or turkey.

Ingredients:
2 pounds (about 4 large) apples, peeled and cored
1 cup fresh cranberries
1-2 tablespoons brown sugar, or brown sugar substitute
½ cup water
1 teaspoon ground cinnamon

Directions:
Place all ingredients in a large sauce pan. Bring to a boil; reduce heat and simmer 10-15 minutes until apples soften and cranberries burst. Mash with a potato masher. Serve warm or cold

Nutritional Information per ½ cup serving:
Calories: 83 Carbohydrates: 18g
Total Fat: 0g Cholesterol: 0mg
Saturated Fat: 0g Dietary Fiber: 2g
Sodium: 5mg Protein: 0g