

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



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