

# Homemade Cranberry Sauce

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes

Yield: 4 servings | Serving Size: ~½ cup

## Ingredients

12 ounces fresh cranberries, thawed if frozen

Zest of 1 orange

¾ cup fresh orange juice (about 2-3 oranges)

⅓-½ cup honey, to taste

¼ cup water

¼ teaspoon cinnamon

Pinch cloves

Pinch salt

## Directions

1. Add the cranberries, orange zest, orange juice, honey, water, cinnamon, cloves, and salt to medium saucepan.
2. Set the saucepan over high heat and bring to a simmer, then reduce the heat to medium.
3. Continue cooking, stirring often, until the cranberries break down. The sauce should thicken and reduce to about 2 cups.
4. If the sauce becomes too thick, add a little extra water to reach the desired consistency. Note that the sauce will continue to thicken as it cools.
5. Serve warm, or chill before serving.



**Nutrition Facts Per Serving: Calories: 200 | Total Fat: 0 g | Saturated Fat: 0 g  
Sodium: 40 mg | Total Carbohydrate: 48 g | Dietary Fiber: 3.5 g | Protein: 0.5 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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