

## **Whole Berry Cranberry Sauce**

Serves 6-8                      metric measures

12 oz fresh cranberries    340 gm

1 cup water                    240 ml

1 cup sugar                    200 gm

Put cranberries into a medium saucepan and remove any that are squishy. Add sugar and water, bring to a boil. Cook until the berries breakdown and thicken. Lower the temperature as the sauce gets thicker. Total cooking time is about 10 minutes.

Cool and store in the fridge.

**Note:** Splenda works well as a substitute for sugar here. 1 cup of Splenda weighs 25 gm.

Click here for cranberry nutrition information. It goes way beyond vitamins and minerals.

<http://whfoods.org/genpage.php?tname=foodspice&dbid=145#descr>

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