

# Low-Sugar Cranberry Sauce

## Ingredients:

2 bags of fresh cranberries  
3/4 cup pineapple juice  
1/2 cup of applesauce (no sugar added)  
1/2 cup of water  
juice and zest of one orange  
3-4 Tablespoons of honey or to taste (optional)  
½ tsp. cinnamon

## Directions:

1. Put cranberries, pineapple juice, applesauce and water in a sauce pan and bring to a boil.
2. Keep on medium heat, stirring constantly until the cranberries start to burst (about 10-15 minutes).
3. Reduce to a simmer and pour the juice and zest over the cranberry mixture.
4. Simmer 10-15 minutes and remove from heat. If you like it thicker, simmer it longer. Just be aware it thickens on cooling.
5. Cool completely and store in fridge at least 4 hours but preferably overnight before serving.

NOTE: This is not as sweet as store versions! Taste at the end of cooking. It is naturally sweet from the fruit juice and applesauce, but you can add more honey or stevia to taste.