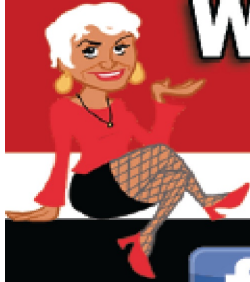


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## **CITRUS CRANBERRY SAUCE**

Advanced Lifestyle

### **Ingredients**

- 1 orange
- 2 cups (8 oz.) fresh (or frozen, thawed) cranberries
- 1 cup sugar-free (or low-sugar) maple syrup
- 1/4 cup fresh orange juice
- 1/2 TSP vanilla extract

### **Instructions:**

1. Finely grate zest from orange and set aside.
2. Using a sharp paring knife, cut off peel and white pith from orange. Working over a small bowl, cut between membranes to release segments into bowl.
3. Combine zest, cranberries, syrup, juice, and vanilla in a medium saucepan. Cook over medium heat, stirring occasionally, until cranberries have burst and sauce has thickened, 5–10 minutes.
4. Add the oranges. Chill until cold.

**Portion-Per-Serving Information:** (Yields 1-1/2 cups = 6 servings)

Serving = 1/4 cup = 1 FR