



## **NO-SUGAR-ADDED CRANBERRY SAUCE**

Advanced Lifestyle

### **INGREDIENTS**

- 1 cup apple cider
- 1/3 cup pitted dates
- 3 cups fresh or frozen cranberries
- 1 TSP vanilla extract

### **INSTRUCTIONS**

—Puree apple cider and dates in a blender until fairly smooth. Transfer to a medium saucepan, along with the cranberries. Bring to a simmer over medium-high heat.

—Reduce heat to maintain a simmer and cook until most of the cranberries have broken down, 13 to 15 minutes.

—Remove from heat and stir in vanilla.

**SERVING INFO:** (Yields 8 servings)

1/4 cup (4 TBS) = 1 FR

See photo of recipe at [Instagram](#) and [Facebook](#).