



HEALTHY CRANBERRY SAUCE

Advanced Lifestyle

INGREDIENTS

12 oz fresh or frozen cranberries
1/2 cup maple syrup
1 large orange, juice and zest
1 tsp vanilla
1 tbsp fresh thyme

INSTRUCTIONS

- Add all ingredients to saucepan and heat over medium heat until boiling.
- Reduce heat and allow cranberries to burst. This should take about ten minutes.
- Once burst, smash cranberries with fork or potato masher.
- Heat until sauce has thickened.
- Once thickened, allow to cool.

SERVING INFO: (Serves 6)

1/2 cup (4 TBS) = 1 FR

Recipe credit: <https://www.erinliveswhole.com/>