



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

**Final 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 = 1 FR