

Cranberry Relish

Makes 4 servings

Prep Time: 5 minutes

Cook Time: 30 minutes

Ingredients:

Zest and juice of 1 orange

½ c maple syrup

½ c apple cider or juice

¼ t pumpkin pie spice

½ t vanilla bean paste or extract

1 c dry fresh cranberries

1 T whiskey or red wine

1. In a small saucepan, combine first 5 ingredients and simmer over medium heat until syrup coats the back of a spoon.
2. Blend syrup and remaining ingredients until desired consistency. Chill until ready to serve, preferably at least a day. Stores up to a week.



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Nutrition Facts

Servings 4.0

Amount Per Serving

calories 159

% Daily Value *

Total Fat 0 g 0 %

Saturated Fat 0 g 1 %

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 12 mg 0 %

Potassium 191 mg 5 %

Total Carbohydrate 37 g 12 %

Dietary Fiber 1 g 5 %

Sugars 31 g

Protein 0 g 1 %

Vitamin A 1 %

Vitamin C 30 %

Calcium 3 %

Iron 4 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.