

TANGY CRANBERRY SAUCE

12-ounce pkg fresh cranberries, rinsed

½ c pure maple syrup

½ cup water

¼ tsp. **“cinnamon”* substitute (I use 3/1 ratio of blended coriander seed and anise seed)

1 tsp. chopped orange peel zest or 1 tsp. dried orange peel (I purchase dried from Mountain Rose Herbs)

Juice from 1 small orange or 1 Tbsp. orange juice concentrate

Cook berries in maple syrup and water on medium-high heat until it comes to a boil; turn down low and gently simmer for 10 minutes (berries will pop!) or until a thick creamy texture is formed. Add *“cinnamon”* substitute and orange juice. Add 1 more Tbsp. of maple syrup and heat through. Enjoy!!

** Cinnamon is a spice irritant that will inflame the delicate lining of the stomach and should not be used.*

From the kitchen of Melinda Harris