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A must have with your Thanksgiving feast 🖭

Fresh Cranberry Sauce

INGREDIENTS:

1 Tbsp olive oil

1/2 c finely chopped white onion

1 c sugar

1/2 c water

1/2 c port wine

1/4 tsp ground ginger

1 large Granny Smith apple (peeled, cored, chopped) 1 12 oz bag fresh cranberries

In a medium sauce pan heat the olive oil over medium flame. Add the onions and sauté until translucent.

Add the sugar, water, port wine, ground ginger, chopped apple and cranberries. Liquid should come just to the top of the fruit. Add more water if necessary.

Raise the heat to medium-high, and bring to boil.

Cook for 12 - 14 mins. at a gentle boil stirring occasionally. The berries should all be popped and the apples softened.

OPTIONAL: (I skipped this step since I prefer chunky cranberry sauce).

Purée about 1/2 of the mixture using a blender. Purée more if you or your family prefers less chunky.

Combine the less chunky and puréed mixture. Cool in a pan for about an hr.

Transfer to a decorative dish and voila! Fresh, homemade cranberry sauce is ready!

Want more yummy yet healthy recipes? Go to the HEALTH and WELLNESS page at www.bearriverchiropractic.com and click on RECIPES.