

Cranberry Glaze

- | | | | |
|----------|-------------------------------|---------|---|
| 2 ½ cups | cranberries, fresh | 1 tsp | Ginger-root; fresh; minced or ginger paste or ginger powder |
| ¼ cup | Splenda | | |
| 1 cup | water | 1 tsp | garlic powder |
| ¼ cup | orange marmalade (sugar free) | 1/8 tsp | black pepper |
| 1 Tbs | soy sauce | | |



Procedure

- 1 Combine cranberries, water, and splenda and bring to a boil. Continue to boil for 10 to 20 minutes, adding remaining ingredients after the first 10 minutes of cooking. Once most of the cranberries have popped and the sauce has thickened, turn off heat and cool to room temperature.
- 2 Transfer to a container and refrigerate overnight, or at least 4 hours before serving for a thicker sauce.

Servings: 8

Yield: Measured to make 2.5 cups, or 8, 5 tablespoon servings

Degree of Difficulty: Very easy

Nutrition Facts

Serving size: 1/8 of a recipe (2.9 ounces).

Amount Per Serving	
Calories	29.31
Calories From Fat (2%)	0.49
	% Daily Value
Total Fat 0.06g	<1%
Saturated Fat 0.01g	<1%
Cholesterol 0mg	0%
Sodium 65.71mg	3%
Potassium 41.98mg	1%
Total Carbohydrates 7.49g	2%
Fiber 2.64g	11%
Sugar 3.92g	
Protein 0.37g	<1%

Recipe Type

Sauce, Vegan - Plant Based

Source

Source: <http://happyherbivore.com/recipe/cranberry-sauce/>

Cranberry Relish

- | | |
|---|--|
| 11 Tbs whole raw cranberries,
washed | 1 tbs Splenda |
| 2 Tbs onion | 3 tsp horseradish from a jar ("red is
a bit milder than white") |
| 1/4 cup Mori nu mayo | |
| 1 Tbs sugar-scant | |



Procedure

- 1 Grind the raw berries and onion together into a chunky grind — not a puree-in the food processor.
- 2 Add everything else and mix.
- 3 Put in a plastic container and refrigerate or freeze
- 4 Early Thanksgiving morning if you have frozen it, move it from freezer to refrigerator compartment to thaw. ("It should still have some little icy slivers left.")
- 5 The relish will be thick, creamy, and shocking pink. It has a tangy taste that cuts through and perks up left overs.

Servings: 10

Yield: 10 Tablespoons (1 Tablespoon per serving)

Degree of Difficulty: Easy

Nutrition Facts

Serving size: 1/10 of a recipe (0.7 ounces).

Amount Per Serving	
Calories	15.09
Calories From Fat (11%)	1.7
	% Daily Value
Total Fat 0.2g	<1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 12.8mg	<1%
Potassium 15.55mg	<1%
Total Carbohydrates 3.25g	1%
Fiber 0.46g	2%
Sugar 2.38g	
Protein 0.49g	<1%

Recipe Tips

This is just 1/3 the original recipe modified to use some splenda and increase horseradish. Original recipe calls for 2 cups whole raw cranberries, washed; 1 small onion; 3/4 cup sour cream; 1/2 cup sugar; 2 T horseradish.

Source

Source: Muriel's favorite recipe that she got from NPR-Susan Stamberg's family recipe.

Cranberry Sauce

2 ½ cups cranberries, fresh
1/4 cup Splenda

1 cup water
1/4 cup orange juice (optional)



Procedure

- 1 Combine cranberries, water, and splenda and bring to a boil. Continue to boil for 10 to 20 minutes, adding orange juice, if using, after the first 10 minutes of cooking. Once most of the cranberries have popped and the sauce has thickened, turn off heat and cool to room temperature.
- 2 Transfer to a container and refrigerate overnight, or at least 4 hours before serving for a thicker sauce.

Servings: 8

Yield: Measured to make 2.5 cups, or 8, 5 tablespoon servings

Degree of Difficulty: Very easy

Nutrition Facts

Serving size: 1/8 of a recipe (2.8 ounces).

Amount Per Serving	
Calories	25.22
Calories From Fat (2%)	0.44
% Daily Value	
Total Fat 0.06g	<1%
Saturated Fat 0.01g	<1%
Cholesterol 0mg	0%
Sodium 1.65mg	<1%
Potassium 45.14mg	1%
Total Carbohydrates 7.85g	3%
Fiber 1.6g	6%
Sugar 4.55g	
Protein 0.19g	<1%

Recipe Type

Sauce, Vegan - Plant Based

Source

Source: <http://happyherbivore.com/recipe/cranberry-sauce/>