

CRANBERRY SAUCE

If you like cranberries, congratulations! Not only are they very high in vitamin C, they are also good for treating bladder infections because of their acidity. They also happen to go well with poultry. Recipes don't get much easier than this and it tastes delicious. The consistency when you're done is more of a jam than a jelly so if you wanted to make a decorative mold with it, this isn't a good recipe, but if you want delicious cranberry sauce, this will make you happy!

3/4 cup Water
1 cup Sugar
12 ounces Cranberries (fresh or frozen)

Bring water and sugar to boil. Add cranberries (thawed or frozen) and return to boil. Reduce heat and gently boil for 15 minutes stirring occasionally until it is nearly a jelly like consistency. Cover and cool completely at room temperature. Refrigerate until serving time.

Makes 2 1/4 cups.

1/4 cup = 100 calories

For more...
1C Water
1 1/3 C Sugar
16oz Cranberries