Healthier Lifestyles - with Coach Linda

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Cranberry Sauce

Fuel Pull

Ingredients

- 12 oz bag of fresh or frozen Cranberries
- ¼ cup water
- 1 cup THM Gentle Sweet
- 1 tsp. Vanilla Extract

Instructions

1. Put cranberries and water in a medium saucepan over medium high heat for approximately 5-7 minutes, until cranberries “pop” and cook down a little.
2. Turn down to low heat and add the sweetener and vanilla and continue cooking approximately 5 more minutes until thickened some. It will thicken more when it is cooled down, so it doesn’t need to look completely thickened in the pan.
3. Refrigerate for up to 2-3 weeks in a large enough container that you can stir it before serving as it can develop a “skin” on top. Also freezes well for 2-3 months.

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