

# Eat Happy Kitchen

## Anna Vocino

### **CRANBERRY SAUCE (Low Sugar)**

(yields 2 1/4 cups)

- 4 cups fresh or frozen thawed cranberries
- 1/2 cup water
- Juice of one large naval orange (about 1/3 cup)
- 1/2 cup blueberries
- 1-2 tablespoons honey, coconut sugar, date syrup, or sweetener of your choice to taste
- 1 tablespoon orange zest
- 1/2 cup pecan pieces (optional)

Place cranberries, water, and juice of one orange in a sauce pan over medium high heat. Bring to a boil and then reduce heat to let simmer for 10 minutes, stirring every couple of minutes to turn over cranberries. Cranberries will start to burst. Add blueberries and sweetener, cook another 10 minutes, stirring frequently. Using a potato masher, give the berries a few mashes when stirring at the end of the cooking time. Remove from heat and stir in orange zest. Add pecan pieces, if desired. Let cool for 4-8 hours before serving.