



Cranberry Apple Relish

INGREDIENTS

- 1 ½ lbs. – fresh cranberries
- 1 lb. – diced apple
- 1 cup – granulated sugar
- ½ cup – raisins
- 1 cup – apple juice

Servings: 4-6

METHOD

- 1) Combine all ingredients in a pot and simmer until the cranberries begin to break apart.
- 2) Cool and serve.

Serve & Enjoy

Notes:

- If the cranberries are still too tart, you may add some apple juice concentrate or apricot jam.
- You may use frozen cranberries if fresh are not available.

TASTY
DISHES
YOU CAN
MAKE!

Fun Facts

Anthocyanins in cranberries are responsible for their dark red color. Getting your fill of anthocyanin-rich fruits, such as cranberries or blueberries may help boost your overall health as well as your ability to concentrate.

You've heard that an apple a day keeps the doctor away, it also contains phytonutrients, which help protect your brain.

Cranberries grow low to the ground on a vine in a bog. To harvest them, the bog is flooded with water and the farmers use a tool to loosen them from the vine. Cranberries have a small air pocket so once they're removed from the vine, they float to the top.

Cranberries are one of only a few fruits that are native to North America. Only about 5% of cranberries are sold fresh, the remaining 95% are used as juice, dried, or turned in sauce and jellies.

Raisins are dried grapes and are a delicious, convenient and affordable addition to recipes, snacks and meals—they add a bit of sweetness while boosting nutrition.