

Fresh Cranberry Sauce

1/3 cup water
1 pound of fresh cranberries
½ cup orange pineapple concentrate
1-2 Tbsp date sugar to taste
1 tbsp Orange zest
½ tsp ground cinnamon
1 Tbsp tapioca

1. Wash cranberries
2. Add berries, water and juice concentrate to a pot, bring to a boil and then simmer on low for 10 minutes or until berries have begun to crack open, stirring occasionally.
3. Add tapioca, cinnamon, sugar and zest and simmer 1 more minute.
4. Refrigerate overnight

Hint: use leftovers in your smoothie