



# Healthy Homemade Holiday Cranberry Sauce

## Ingredients

- 2 12oz bags of fresh cranberries, washed and picked over
- 3/4 cup pineapple juice
- 1/2 cup of sugar-free applesauce
- 1/2 cup of filtered water
- juice and zest of one orange
- 3-4 Tablespoons of honey

## Instructions

1. Put cranberries, pineapple juice, applesauce and water in a saucepan. Bring to a boil.
2. Keep on medium heat, stirring constantly until the cranberries start to pop (about 10-15 minutes).
3. Reduce to a simmer. Pour the juice and zest over the cranberry mixture.
4. Simmer 10-15 minutes and remove from heat.
5. Cool completely and store in fridge at least 4 hours before serving.