

# No Sugar Added Cranberry Sauce



Makes approximately 2 cups

Ingredients:

- 1 (12 ounce) bag of fresh or frozen (no sugar added) cranberries
- Sugar substitute equal to 1 cup sugar
- 1 cup water
- $\frac{1}{4}$  teaspoon salt

## Instructions:

1. Put cranberries in a pot on the stove, and pick through to remove any soft or brown ones.
2. Add the rest of the ingredients, stir, and bring to a boil on medium-high heat.
3. Stir frequently. The cranberries will pop, and then release their "gel" -- and the sauce will come together. Cook until the sauce is the consistency you want, about 5 to 10 minutes.

Nutrition per  $\frac{1}{4}$  cup: Calories 30; Total Fat 0.1 g; Saturated Fat 0.0 g; Monounsaturated Fat 0.0 g; Polyunsaturated Fat: 0.0 g; Total Carbohydrates 7.9 g; Dietary Fiber 2.0 g; Sugar Alcohols 0.0 g; Sugars 4.1 g; Protein 0.2 g; Sodium 76 mg