



# APPLE CRANBERRY SAUCE

November 22

National Cranberry Relish Day

## INGREDIENTS

- 2 Cups Fresh Cranberries (rinse well)
- 1½ Cups Chopped Sweet Apple
- ¼ Cup Water
- ¼ Cup Orange Juice
- 3 Tablespoons Brown Sugar
- ½ Teaspoon Cinnamon

## DIRECTIONS

1. Add chopped apple and water to a medium sauce pan. Cook apple for about five minutes, until softened.
2. Add cranberries to the cooked apples and continue to cook.
3. After about three minutes the cranberries will start to pop. When they start to soften and pop, mash cranberries and apples using a food masher.
4. Add orange juice, brown sugar, and cinnamon. Stir to combine and cook for an additional 2 minutes.

## MEAL PATTERN CONTRIBUTION

 Fruit

## MEAL TYPE

 Lunch/Supper

## YIELD

2 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
⅛ Cup	¼ Cup	¼ Cup	½ Cup