

# Homemade Cranberry Sauce

A tangy and flavorful cranberry sauce that can be prepared in a flash!

Makes: 8 servings

Source: US Department Of Agriculture, Choose My Plate recipe/ homemade cranberry sauce

## Ingredients

- 3 cups fresh cranberries (12 ounces, can also use frozen)
- 1 orange (peeled)
- 1 cup sugar

## Directions

1. Place all ingredients in a blender and blend until mixed well.
2. Heat up and serve over turkey, ice cream sandwiches, etc.
3. Note: 1 cup white grape juice concentrate can be substituted for 1 cup sugar.

## Utensils Needed

- Blender
- Serving Dish



Small Changes,  
BIG Difference!



### Nutrition Information

Serving Size: 1/8 of recipe	
Nutrients	Amount
Calories:	122
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	1 mg
Total Carbohydrates:	31 g
Dietary Fiber:	2 g
Total Sugars:	28 g
Added Sugars:	24 g
Protein	0 g
Vitamin D	0 mcg
Calcium	10 mg
Iron	0 mg
Potassium	62 mg

# SHOPPING LIST

Average total cost without oil and seasonings: \$9.83

Average cost/serving: \$1.23

Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 2 to Cart  
Whole Cranberries 16 oz



Add 1 to Cart  
Fresh Orange



Add 1 to Cart  
Granulated Sugar 32 oz

**My Cooking Notes**

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