



SUGAR-FREE CRANBERRY SAUCE RECIPE

INGREDIENTS

12 oz. bag of cranberries

4 oz. water

1 cup sugar substitute

1 teaspoon vanilla extract

1 teaspoon cinnamon

INSTRUCTIONS

1. Combine the cranberries and water in a medium saucepan. Cook over medium heat until all the berries pop, about 5-7 minutes.
 2. Add the other ingredients and reduce the heat to low. Cook until desired thickness. It will thicken further as it cools.
 3. Store in an airtight container in the fridge for up to 3 weeks or you can freeze for 2-3 months.
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TIPS

There are many sugar substitutes that can be used for this recipe. Avoid aspartame as a substitute (Splenda). Instead, choose a sugar alcohol such as erythritol, or choose monk-fruit or allulose.

One popular brand is “Swerve” - offers sugar substitutes in the form of granular, brown, and confectioners. But there are many other brands that would work perfectly as well!