

Chunky Cinnamon Apple-Cranberry Sauce



Makes:

10 servings

Utensil:

3 Qt./2.8 L Sauce Pan with Cover

Rate Recipe:

Select rating Give Chunky Cinnamon Apple-Cranberry Sauce 1/5
Give Chunky Cinnamon Apple-Cranberry Sauce 2/5 Give Chunky
Cinnamon Apple-Cranberry Sauce 3/5 Give Chunky Cinnamon
Apple-Cranberry Sauce 4/5 Give Chunky Cinnamon Apple-
Cranberry Sauce 5/5

[Write a Review](#)

Recipe Description:

This is a delicious side-dish for any meal. It adds a wonderful taste of tart and sweet and has zero cholesterol and almost no fat. Plus, apples are rich in calcium, potassium and vitamin A.

4

apples, julienned, use Cone #2

¹/₂

cup

dried cranberries

(61

g)

1

tablespoon

cinnamon

(15

mL)

¹/₂

teaspoon

ground cloves

(2.5

mL)

Directions:

1. Placed sliced apples into sauce pan and add all other ingredients. Stir to blend.
2. Place heat on low, cover and cook for 30 minutes, stirring occasionally.
3. Serve hot or cold.

Tips:

- If you have an apple that is not juicy, you may need to add 1/4 cup of apple juice.
- This is an excellent way to use apples that aren't quite good enough for eating raw but they haven't yet gone-bad.

Nutritional Information per Serving**Calories:**

166

Total Fat:

1g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

2mg

Total Carbs:

41g

Dietary Fiber:

5g

Sugar:

7g

Protein:

0g