



Eat Smart, Move More...  
Maintain, don't gain!

# HOLIDAY Challenge

## Fruity Cranberry Sauce

### Ingredients

- 1 12 oz package cranberries (about 3 cups)
- 1 cup chopped dried apricots
- 1 ½ tbs tangerine zest
- 1 2/3 cups tangerine juice
- 1 cup sugar
- 1 tsp dried ginger
- 1/3 cup honey

### Directions

1. Stir all ingredients together in a saucepan over medium heat until the sugar dissolves.
2. Cover and increase heat to boil.
3. Boil about 10 minutes, or until the cranberries pop, stirring occasionally.
4. Let cool; it will thicken as it cools.
5. Store in the refrigerator.

### Nutrition Information Makes 12 servings (1/4 cup)

#### Per serving:

Calories: 150  
Fat: 0g  
Protein: .5g  
Carbohydrate: 39g  
Fiber: 2g  
Sodium: 7.5mg



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# Eat Smart