

# Herbal Legacy Recipes

## Cranberry Sauce

Contributed by Cay Westenskow

Yield: 3 3/4 cups

Ingredients:

- 1/2 orange
- 2 cups water
- 1 tart apple
- 3 cups fresh cranberries ( sort and discard any soft ones)
- 1 1/4 cups honey
- 1/2 tsp cinnamon
- 1/4 tsp cloves



Juice the 1/2 orange. Remove the membrane (pulp) from that 1/2 and cut up the peel into small pieces. Set juice aside.

Put the peel into a small sauce pan with the water and bring to a boil.

Simmer for 10 minutes and set aside. Peel and chop the apple. Place cranberries, apple, orange peel, orange juice, honey, cinnamon, and cloves in sauce pan. Bring to a boil. Reduce to a simmer and cover partially.

Simmer gently stirring occasionally until sauce thickens and apples are tender and cranberries have burst about 10-15 minutes. Transfer to a bowl and cool before serving.

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<http://www.herballegacy.com/Recipes.html>