



SIMPLE SPICED CRANBERRY SAUCE



Prep Time: 25 minutes

Cook Time: 35 minutes

Serves: 4-6

Directions:

1. Place all ingredients in a saucepan and bring to boil.
2. Reduce heat to a simmer and stir occasionally until mixture liquid is reduced and you have a jelly like consistency.
3. Drizzle over everything and enjoy!



Ingredients:

8-12 ounces of fresh cranberries

1.5 cups of succanat

1.5 cups of fresh squeezed orange juice

1/4 cup of filtered water

pinch of salt

1t powdered cinnamon

1/2t powdered nutmeg

pinch of powdered cardamom

Ayurveda suggests that we have all 6 tastes in our meal to feel nourished, satisfied and to prevent over eating and cravings.

Cranberries are astringent and sour and make a wonderful addition drizzled over any meal. Like a chutney, it can add the one last missing ayurvedic tastes on your plate.