

My Mama's

# Fresh Orange Cranberry Sauce



Ready in 10 minutes

Makes approximately 1 quart

## Ingredients

- 1 - 1 lb bag of fresh cranberries
- 1 sweet apple like Red Delicious or Ambrosia, sliced and cored
- 1 large orange, peeled, in pieces
- ½ - 1 Cup sugar, to your taste
- ¼ - ½ cup water

## Directions

- Place all ingredients in a blender and blend until smooth.

## Tips

- You can substitute sugar with Splenda
- Sometimes I make a double batch and put half in the freezer to bring out during the holidays in December
- You will never eat canned cranberry sauce again

## Spiritual Message in this recipe

The right combination of ingredients can have a synergistic effect, meaning ingredients are much better together, than they are apart. Be aware of combinations in your life that make you a better person. For example, adequate rest, healthy food, and fun is a winning combination for me. What are some of yours?