

Apple Cranberry Sauce

12 oz bag fresh cranberries or 3 cups frozen cranberries

2 apples, cored and chopped (leave the skin on)

½ cup maple syrup or honey

½ cup water

1 cinnamon stick

½ cup chopped pecans

Combine cranberries, chopped apple, maple syrup, water and cinnamon stick in a medium saucepan over medium-high heat. Bring to a boil then reduce heat to medium low and cook, stirring occasionally, until the berries have popped and the mixture has thickened, about 10-15 minutes. Remove from heat, remove the cinnamon stick and stir in chopped pecans.

This will continue to thicken as it cools and will keep refrigerated for up to 2 weeks.

www.NourishingPlate.com