

Low-Sugar Cranberry Sauce

1 lb organic cranberries, rinsed, drained and culled

10 T organic maple syrup; or raw or amber agave to taste (see note)

1 T honey (optional)

good quality organic bottled cranberry juice from concentrate, such as R.W. Knudson or Lakewood

2 organic valencia or juicing oranges

zest from oranges, finely-grated or dried orange peel soaked until tender (optional)

In a heavy-bottom pot put the cranberries and add enough cranberry juice to almost but not quite cover. Simmer on low, stirring frequently to avoid scorching. Add the sweeteners and the entire pulp and juice of the two oranges. Add the zest of the two oranges if they are organic; if not, use soaked dried orange peel or just skip the zest altogether. Adjust sweetener to taste; if using agave, you might not need the honey. Simmer until mixture reduces to 1/3-1/2 and has the desired texture (I prefer mine a bit chunky); the sauce should have a rich rose-red color. Cool and refrigerate overnight; the flavors improve and mellow with time. Stores at least a couple of weeks in the fridge.

-Janice Janostak-