



Cranberry Essentials

EASY HOMEMADE CRANBERRY SAUCE

With **Ocean Spray® Fresh Cranberries**, sugar and water, making cranberry sauce from scratch is as easy as 1-2-3. The following instructions will yield 2 1/4 cups (560 mL) of sauce, which will keep in the refrigerator for up to one week.

Ingredients:

- 1 340 g bag Ocean Spray® Fresh Cranberries
- 1 cup (250 mL) sugar
- 1 cup (250 mL) water

Directions:

Pour the bag of cranberries into a colander. Rinse well with cold water, then sort out any stems or soft berries. (Frozen cranberries can be used as well; you don't need to thaw them before using.)

Combine sugar and water in a medium saucepan. Bring the mixture to a boil, then carefully stir in cranberries. Return the mixture to a boil, then reduce heat and simmer for 10 minutes, stirring occasionally.

Pour the cranberry mixture into a heat-proof bowl. Cover with plastic wrap and let stand until cooled completely, 2-3 hours. The mixture will thicken as it cools. Store sauce in refrigerator until ready to serve.



LOW CALORIE CRANBERRY SAUCE

Ingredients:

- 1 340 g bag **Ocean Spray® Fresh or Frozen Cranberries**
- 1 cup (250 mL) water or fruit juice
- Sugar substitute to taste

Directions:

Combine cranberries and water in a saucepan. Heat to boiling; reduce heat to low and simmer 15 minutes. Remove from heat. Cool to room temperature. Stir in sugar substitute.

Refrigerate until serving time. Makes 2 1/4 cups (560 mL) or 9 servings (1/4 cup/60 mL).

NOTE: Special diet cranberry sauces made without sugar or with sugar substitutes do not gel.