

CRANBERRY ORANGE RELISH

By Dr. Cindy Tanzar

This recipe is best kept for maintenance and/or special occasions.
Yields approx. 3 cups. Can cut recipe in half.



INGREDIENTS

12 ounces fresh or frozen cranberries

1 medium orange

2/3 cup Swerve Confectioners, or more to taste

1/8-1/4 tsp ground cloves, to taste

1 tsp. fresh ginger juice (chop 1-2 inches fresh ginger and squeeze in a garlic press for juice) or 1 cube (or more to taste)

Dorot Gardens frozen crushed ginger

INSTRUCTIONS

Wash the cranberries, removing any stones of soft berries.

Cut a slice off the stem end of the orange to the flesh. Cut the orange into quarters, then cut each quarter in half. Do not peel the orange! Be sure to discard any orange seeds.

Place the cranberries and orange pieces in a food processor, then add the Swerve, cloves and ginger juice.

Using the pulse button, run the food processor until the cranberries and orange are roughly the same size. Taste to adjust sweetness. You want the relish to be sweet and tart.

Can be made 2 days ahead of time and kept a total of 5-7 days.