

## CRANBERRY SAUCE

### INGREDIENTS:

- 3 cups of cranberries, fresh or frozen**
- 3 cubes, or 3 Tbsp of palm sugar** (add more for a sweeter taste)
- 1 cup of pure revitalized or spring water** (adjust to thickness)

### DIRECTIONS:

**Wash the cranberries in a strainer and place them into a small fry pan. Cover  $\frac{3}{4}$  of the cranberries with water.**

**Add palm sugar cubes, cover, and steam on medium heat until soft.**

**Mash and mix the palm sugar into the cranberries with a fork until the ingredients are blended into a thick sauce.**

ENJOY this delicious, naturally sweet sauce with turkey!

Serves 2

Use **organic** ingredients

Suitable for ALL blood types

Native to North America, **cranberries** were highly valued by American Indians as a food, medicinally, as a poultice for wounds, and as a source of red dye. By the 18th century, colonists were exporting them to Great Britain, Holland, and Scandinavia.

Cranberries belong to the food family of *Ericaceae* and *Vaccinium* genus. The *Vaccinium oxycoccos* variety is native to the Northern Hemisphere, but also found in Northern Europe and Northern Asia. The *Vaccinium macrocarpon* variety, found more commonly in the eastern parts of the United States and Canada, is larger and most widely commercially cultivated. *Vaccinium microcarpum* is a smaller species that is found in Northern Europe and Northern Asia.

Cranberries are rich in manganese, vitamins C, and fiber, and phytonutrients such as phenolic acids (resveratrol), proanthocyanidins, anthocyanins, flavonoids (quercetin), and triterpenoids. These phytonutrients are antioxidant, anti-inflammatory and anti-cancer. Both their acidity and proanthocyanidins (PAC) help prevent urinary tract infections (UTIs). They may also help prevent the overgrowth of helicobacter pylori in the stomach lining, with ulcers. Their anthocyanin content, which give cranberries their rich red color, is increased in direct proportion to the amount of natural sunlight the berries receive when water harvested. The antioxidant and anti-inflammatory properties in whole cranberries also help protect the liver and prevent cardiovascular, and periodontal diseases. By reducing oxidative stress, cranberries also help to balance the LDL & HDL cholesterol, and lower blood pressure.

Cranberries also contain vitamins E and K, copper, pantothenic acid (B vitamin). Plus, they provide preventative benefits with breast, colon, lung, and prostate cancer

Select fresh or frozen, plump cranberries that are deep red and firm. Fresh ripe cranberries can be stored in the fridge for up to 20 days. Discard any soft or discolored or shriveled berries. Frozen cranberries may keep for several years. Once thawed, they should be used immediately.