

## Cranberry Salad

- 24 oz. organic cranberries
- 22 oz. water
- 4 oz. coconut sugar
- 2 oz. raw cane sugar (turbinado)
- 1 tangerine or 1 orange, deveined  
and seeds removed
- 1 cinnamon stick
- 1 lg. apple, sliced into chunks
- 3 small lemon slivers with skin  
(about 1/3 of a lemon)



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- 1 ½ cups fresh pineapple chunks
  - 1 cup pecans, coarsely chopped
  - 1 small apple, chopped

Combine top 8 ingredients and bring to a boil, then simmer on low heat until all cranberries have popped open. Remove from stove and let cool. Then add remaining ingredients and let marinate for a couple of hours.

This is a spinoff from the traditional cranberry sauce with a much lower glycemic sugar that will not spike insulin like the traditional version. The added fruit makes it not just a compliment to turkey but also a great dessert by itself. Enjoy !