

Cranberry Relish



<20 min prep & Ferment
12-48 hours



4 servings



Ingredients

- 1 bag cranberries (prefer organic, whole)
- 1/2 cup raw sugar (or for less sweet use monk fruit sugar or honey)
- 1 orange (prefer organic, zested & juiced)
- 1/4 cup raw apple cider
- 1 teaspoon salt
- 1 Tbsp brine (30% solution or use whey)

*dash of cinnamon and chopped pecans (optional)

Preparation

Combine all the ingredients into a food processor. Using low speed, pulse for 1 minute or until contents are chopped up. Don't over-process.

Place relish into a mason jar with a lid and set aside at room temperature for 12-24 hours. Refrigerate and serve chilled.



Cranberries are not just for holidays. They are a superfood you should enjoy all year round. They are also low in calories and high in vitamin C, vitamin A, and vitamin K.

- Vitamin C, A, K
- High in Antioxidants
- Immune & Gut Support