



Recreation and  
Wellness Center

UNIVERSITY OF COLORADO  
COLORADO SPRINGS

## INGREDIENTS

- 2 ½ cups Fresh Cranberries
- ¼ cup Water
- ½ Orange, juiced and zested
- 1 tbsp Fresh Grated Ginger
- 2 tbsp Sugar
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon

## DIRECTIONS

1. Heat a medium saucepan over medium high heat and add fresh cranberries and water. Cover and cook for 4 minutes. The cranberries should be starting to burst.
2. Stir cranberries.
3. Zest the entire orange and add juice from half the orange. Add the remaining ingredients.
4. Allow to cook for 2-3 minutes, stirring often to help break up the cranberries.
5. Let cool and enjoy!



## Orange Ginger Cranberry Sauce

*Dairy-Free | Gluten Free | High Protein | Vegetarian | Vegan*

Yield:  
4 Servings

Prep Time:  
10 Min

Cook Time:  
15 Min