

From the kitchen of

THEDA  CARE™



MIDWEST
BARIATRIC
SOLUTIONS

Recipe:

Cranberry Relish



Ingredients:

- 1 cup sugar substitute (Splenda)
- 1 cup water
- 12 ounces fresh or frozen cranberries
- 1 tsp orange zest

Nutritional Information:

- Carbohydrates: 8
- Calories: 31
- Fat: 0
- Fiber: 2

Directions:

Combine sugar substitute and water in a saucepan and bring to a boil.

Add cranberries and orange zest and bring back to a boil. Reduce heat and simmer for 10 minutes, stirring occasionally.

Remove from heat, cool, cover and refrigerate until ready to serve.

