

# Spiced Cranberry Sauce Three Ways

Homemade cranberry sauce can be an exceptional flavor addition to your holiday meal. Canned cranberry sauce lacks the flavor and texture of homemade cranberry sauce. You can also add just enough sweetness to offset the tartness of the fresh cranberries for your tastebuds, and spare yourself the unnecessary sugar.

Cranberry sauce tastes best when made at least a day ahead of time so the flavors meld, and can be refrigerated for up to 5 days or can be frozen as far ahead of time as you need and then defrosted for the holiday.

I usually make at least a triple batch and defrost jars throughout the winter to add to meals. If using dried spices simmer them with the cranberries, if using essential oils add them after the sauce cools.

## BASE INGREDIENTS

- 12 ounces fresh cranberries
- 1/2 cup water
- 1 tsp minced fresh ginger or 1 drop Ginger Vitality
- 1 cinnamon stick or 2-3 drops Cinnamon Bark Vitality
- 1/2 teaspoon allspice
- 1/8 teaspoon cloves or touch spoon to top of Clove Vitality bottle and stir in
- 1/4 to 1/2 cup honey, optional

## PEAR AND GINGER INGREDIENTS

- 3 Bartlett pears, peeled and chopped
- 1 additional tsp minced fresh ginger or 1 additional drop Ginger Vitality

## FIG AND ROSEMARY INGREDIENTS

- 16 dried black mission figs, stems removed and very finely chopped
- 1 four-inch sprig rosemary or 1 drop Rosemary Vitality

## MANDARIN AND STAR ANISE INGREDIENTS

- 1/2 cup freshly squeezed mandarin juice
- zest from one mandarin
- 1 whole star anise

## DIRECTIONS

1. Rinse the cranberries in a colander and pick out any mushy ones.
2. Place all ingredients except honey in a covered saucepan over medium heat. Bring to a simmer.
3. Once the cranberries start to pop, turn the heat to medium-low and cook, stirring occasionally, until the cranberries have all popped and the mixture has turned into a chunky sauce, about 20 minutes. If it gets too thick, add a little water. Pluck out the star anise if using.
4. Allow to cool completely. Add honey to taste if desired and essential oils if using. Store in an airtight container in the fridge until ready to use. Serve cold for the best flavor.