

Cran-Apple-Pear Relish

(V) – This recipe is a vegan option recipe!

Ingredients:

- ½ cup water
- 1- 12 ounce bag or fresh or frozen cranberries
- 3 apple – cored and peeled
- 3 pear – cored and peeled
- ¼ cup maple syrup
- ½ cup brown sugar or brown sugar substitute
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- ¼ cup Rice Wine Vinegar

Directions:

- 1) Combine the water, and cranberries in a large saucepan.
- 2) Bring to a boil; cover, reduce heat, and simmer for 5 minutes or until cranberries pop.
- 3) Place cranberry mixture, apple, and pear in a blender or food processor on low – keep chunky.
- 4) Combine chunky fruit mixture, brown sugar (substitute), maple syrup and cinnamon in pan; bring to a boil.
- 5) Reduce heat; simmer, uncovered, 25 minutes or until mixture is thick, stirring frequently.
- 6) Stir in vanilla & vinegar. Cool.

OPTIONAL - For some added crunch – add dry roast chopped nuts such as almonds, walnuts, pistachios or sunflower seeds.

Nutritional Analysis: (per 4 oz serving)

- Calories: 60
- Fat: 0 g
- Saturated Fat: 0 g
- Sodium: 0 mg
- Protein: 0 g
- Carbohydrates: 15 g
- Sugars: 5 g
- Dietary Fiber: 2 g

Source:

GO! Foods for You Program

