

Quick and Easy Sugar-Free Cranberry Sauce - HealthyPointRecipes.com



Blue Points: 0

Green Points: 0

Purple Points: 0

Cheat your way to the best make and take cranberry sauce ever! Make it in less than 30 minutes, start to finish. Oh, and this recipe does not include any refined sugar. Instead, it gets its sweetness naturally from the pears and maple syrup.

We used sugar-free syrup to save 12 points, but by all means if you've got the points, feel free to use them! :) All other ingredients in this recipe are fruits and spices, so they're zero points on all WW plans.

Prep time: 10 minutes

Cook time: 10-15 minutes, plus 15-20 minutes to cool

Serves: 6

Ingredients:

12 oz. fresh cranberries

2 medium ripe pears, peeled and diced
2 t. fresh ginger, peeled and grated
¼ cup sugar-free maple syrup (1 Point vs 12 Points for regular)
¾ c. water
Sea salt, to taste

Directions:

Add cranberries, pear, ginger, sugar-free syrup, and water to a medium saucepan, cooking over medium-high heat, stirring occasionally. Continue cooking until the mixture starts to boil and the cranberries burst open. This will take about 5 minutes.

Reduce heat to medium-low and simmer for another 5-10 minutes. While cooking, mash the cranberries and pears with a wooden spoon. Season with a pinch of sea salt, then stir to combine.

Remove the cranberry sauce from the heat and allow to cool. If the sauce is too thick, add a teaspoon of water at a time until it's the correct consistency. If you like your cranberry sauce a little sweeter, you can add a little Stevia, too.

Once cranberry sauce is cooled, for a smoother consistency, you can blend half of it in a food processor, then add it back to the other half before serving.

Remove from heat and allow the sauce to cool for 15-20 minutes before checking the consistency. Add a little water if the sauce is too thick. Taste and add more maple syrup for a sweeter sauce, if desired.

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