

RECIPES

“Brought to you by the Chefs at Cancer Treatment Centers of America”

Cranberry Relish

Jessica Smith, RD

4 oz fresh cranberries
½ Gala, Jonagold or Pink Lady Apple
⅔ cup pineapple juice
¼ cup orange juice
2 tbsp pecans
Stevia or sugar to taste



Add cranberries to 8 oz of water and boil until cranberries begin to pop. Drain cranberries and let cool. Core and chop apple. Combine cranberries, apple, pineapple, orange juice, and pecans and sweeten with stevia or sugar to taste. Best when chilled overnight.

Makes 4 servings

Nutrition information per serving: Calories: 2; Total Fat: 1g; Saturated Fat: 0g; Sodium: 1mg; Carbohydrate: 4g; Fiber: 1g; Protein: 0g