
Double Berry Relish

Add flavor to any dish with this fresh berry relish. It's low in sugar, and it's full of healthy antioxidants.

- 1 cup fresh or frozen cranberries
- 1 cup fresh squeezed orange juice
- 1/2 cup brown sugar substitute
- 2 cups fresh or frozen raspberries

Combine the cranberries and orange juice in a medium-size saucepan and bring to a boil over medium heat, Add the brown sugar substitute and stir gently until it is completely dissolved. Add the raspberries and stir them into the cranberry mixture. Simmer over low heat for another five minutes.

Nutritional value per serving:

- Calories:.....169
- Carbs:42 grams
- Protein:2 grams
- Fat:1 gram
- Fiber:22 grams

Nancy Adler

CERTIFIED FITNESS & NUTRITION C.F.T./S.P.N.

2511 Fire Road Suite B7
Egg Harbor Township, NJ 08234
609-677-5599