



## CRANBERRY APPLE RELISH

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Cranberries are not just for the holidays! They are full of antioxidants (protects cells from free radicals), can prevent urinary infections (by binding to bacteria), stops plaque formation on teeth (with its Proanthocyanidine content), and can even kill H. pylori bacteria (linked to stomach cancer and ulcers). This relish is so good you will find it goes with almost anything!

**Yield: 3 cups (750 ml)**

### Ingredients:

12-oz (360 g) Fresh cranberries, rinsed and picked over  
3 tbsp (45 ml) Honey  
¼ tsp (1 ml) Ground cinnamon  
2 medium Apples, peeled, cored, and cut up  
2 tsp (10 ml) Fresh lemon juice

### Instructions:

1. In a food processor fitted with an S-blade, pulse cranberries with honey and cinnamon until coarsely chopped.
2. Add apples and continue to pulse until mixture is finely chopped. Stir in lemon juice. Taste, adding additional honey, if desired.
3. Transfer mixture to a serving bowl. Cover and refrigerate until ready to serve.

¼ cup = ½ Carb

<b>Nutrition Facts</b>	<b>Amount/Serving</b>	<b>%DV*</b>	<b>Amount/Serving</b>	<b>%DV*</b>
	Serv. size 1/4 cup (50g) Servings 16 <b>Calories 35</b> <b>Fat Cal. 0</b>	<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carb.</b> 9g
	Sat. Fat 0g	<b>0%</b>	Fiber 2g	<b>6%</b>
	Trans fats 0g		Sugars 7g	
	<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 0g	
	<b>Sodium</b> 0mg	<b>0%</b>		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0%	Vitamin C 8%	Calcium 0%	Iron 0%