

FiveMonstersPaleo

Cranberries



Prep time **<5 min**

Cook time **30-45 min**

Serves **about 8**

Special tools needed **medium-small saucepan**

Notes: This recipe used sweetened dried cranberries, which are much easier to find but are not Whole30-friendly. The mandarin orange can be replaced with a clementine or tangerine if needed. Two drops of orange or tangerine oil could be used in place of the zest if desired. Leftovers can be frozen in ice cube trays and added to sparkling cider or champagne for a festive drink.

Ingredients

- 1 ½ cups dried cranberries (like Craisins)
- 1 ¾ cups unsweetened apple juice
- Juice and zest of 1 mandarin orange
- Tiny pinch of fine salt (if desired)

Preparation

1. **Place the dried cranberries in a small saucepan** and add the apple juice. The cranberries should be completely covered by the juice. If they are not, add just enough juice to cover them.
2. **Bring the juice to a boil**, cover, and reduce heat to med-low. Simmer gently until the cranberries have plumped up and absorbed nearly all the juice, about 30 minutes, stirring occasionally.
3. **Turn off the heat** and stir in the mandarin orange juice and zest (and salt if desired).
4. **Can be made ahead** and stored in an airtight container in the fridge for up to a week. Good served hot or cold.