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Cranberry Relish

¾ cup	apple juice or orange juice
½ cup	honey
¼ tsp	cinnamon
¼ tsp	ground nutmeg
	dash ground cloves
1	12 oz package (3 cups) cranberries
½ cup	golden raisins
½ cup	chopped walnuts

In a medium saucepan combine apple juice, cinnamon, nutmeg, cloves, cranberries, and raisins. Bring to a boil; reduce heat. Add honey; cook and stir for 3 to 4 minutes or until cranberries pop. Remove from heat. Stir in walnuts. Cover and chill for at least 2 hours before serving. Makes 2 ½ cups relish.

Adapted from *New Better Homes and Gardens Cookbook*, 2003

Nutritional Value

Cranberries – Great for the kidneys, bladder, and skin, these tart berries are full of vitamin C, fibre, calcium, iron, and other minerals; and phytonutrients like beta-carotene and quercetin. They are useful in the treatment of asthma, cystitis, kidney stones, and bladder stones.

Honey – This is a natural sweetener that contains vitamins, minerals, and propolis. A whole food, honey is an excellent replacement for brown or white cane sugar, which is detrimental to our health. Any sweetener, though, should be eaten in moderation, but when you do need to sweeten, try honey instead.

Raisins - These powerhouses of energy contain iron, potassium, calcium, magnesium, phosphorus, and B vitamins, plus fructose that give us that little boost of energy via natural fruit sugars.

Walnuts – These nuts contain beneficial polyunsaturated fatty acids that are great for the brain and lowering cholesterol. They are also high in protein, fibre, minerals, and vitamins.

Cinnamon – This spice has antiseptic properties, is a digestive aid, has anticancer properties, and is beneficial for the heart, lungs, and kidneys. It also helps lower blood pressure and makes insulin more efficient.