

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Cranberry Relish



1 navel orange

1 12 oz package of fresh cranberries

1/2 cup organic sugar or approx. 1/4 cup agave

1/4 teas ground cinnamon

Grate 2 teaspoons of zest from orange; discard remaining peel and pith from orange. Divide orange into sections.

Place orange sections, orange zest, cranberries, sugar, and cinnamon in a food processor; pulse until finely chopped.

Transfer relish to a bowl and cover; refrigerate to allow flavors to blend, at least 2 hours.