CRANBERRY SAUCE
SWEETENED WITH MAPLE SYRUP

An amazing side dish addition to your holiday meal!

The nutritious and delicious melding of cranberry, apple, orange and the superfood sweetener of Maple Valley organic syrup will delight your taste buds.

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2 c. fresh or frozen cranberries
1 apple (peeled & cored)
1 small orange (juiced)
1/4 c. Maple Valley organic maple syrup

(over)

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(Continued)

Simmer cranberries in water until they pop open. Gently mash cranberries with a fork and allow to cool. Grate one peeled apple and add to cranberries along with fresh squeezed orange juice.

Stir in **1/4 cup** of maple syrup or more to taste.

Serve immediately or store in refrigerator for 10-14 days to serve later. Can also be frozen in airtight container for later use.

Enjoy!

NUTRITIONAL VALUE FOR VARIOUS SWEETENERS

% of Recommended Daily Value (DV) per 1/4 cup (60ml)

SWEETENER	MAPLE SYRUP		HIGH FRUCTOSE CORN SYRUP		HONEY		BROWN SUGAR		WHITE SUGAR	
	1/4 cup/ 80g		1/4 cup/78g		1/4 cup/85g		1/4 cup/55g		1/4 cup/51g	
	% DV	mg	% DV	mg	% DV	mg	% DV	mg	% DV	mg
Riboflavin	37	0.59	1	0.01	2	0.03	0	0.0	1	0.01
Thiamin	1	0.01	0	0.0	0	0.0	0	0.0	0	0.0
Manganese	95	1.89	4	0.07	4	0.07	2	0.04	0	0.0
Zinc	6	0.58	0	0.02	2	0.19	0	0.02	0	0.0
Magnesium	7	16.5	0	0.0	1	1.75	2	5.0	0	0.0
Calcium	5	58.0	0	0.0	0	5.0	4	45.8	0	0.48
Iron	1	0.09	0	0.02	3	0.36	3	0.39	0	0.03
Selenium	1	0.4µg	1	0.55µg	1	0.66µg	1	0.65µg	1	0.3µg
Potassium	5	167	0	0.0	1	44.0	2	73.3	0	0.96
Calories	216		220		261		216		196	

SOURCE: USDA NUTRIENT DATABASE AND CANADIAN NUTRIENT FILE

Notes: Figures shown represent the overall minimum values for minerals, nutrients and the maximum for calories reported. The percent daily values (% DV) were calculated using the Health Canada recommended daily intake values for an average 2,000 calorie diet.

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201022_31