



# 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)*

**TAP INTO GREATNESS**

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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 1/4 cup/ 80g		HIGH FRUCTOSE CORN SYRUP 1/4 cup/78g		HONEY 1/4 cup/85g		BROWN SUGAR 1/4 cup/55g		WHITE SUGAR 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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