

### **Basic Cranberry Sauce**

1/2 cup packed dark brown sugar  
1/2 cup fresh orange juice (about 2 oranges)  
1/4 cup water  
1 1/2 tablespoons honey  
1/8 teaspoon ground allspice  
1 (12-ounce) package fresh cranberries  
1 (3-inch) cinnamon stick

Combine all ingredients in a medium saucepan over medium-high heat; bring to a boil. Reduce heat, and simmer 12 minutes or until mixture is slightly thickened, stirring occasionally. Discard cinnamon stick; cool completely.

Yield: 14 servings (serving size: 2 tablespoons)

CALORIES 54 (0.0% from fat); FAT 0.0g (sat 0.0g,mono 0.0g,poly 0.0g); PROTEIN 0.1g;  
CHOLESTEROL 0.0mg; CALCIUM 8mg; SODIUM 3mg; FIBER 0.9g; IRON 0.2mg;  
CARBOHYDRATE 13.6g

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