

Cranberries are a native fruit to North America and were first used by Native Americans for a variety of things. Native Americans ate cranberries in their fresh form, but the most popular use for cranberries was for pemmican—a high protein combination of crushed cranberries (or other berries), dried deer meat and melted fat. Cranberries were also used as a medicine to treat arrow wounds and as a dye for rugs and blankets.

Cranberries are usually known as a staple around the holidays, but they can actually be enjoyed all year round to reap the health benefits. They are high in vitamin C and fiber, and have a high content of antioxidants. Fresh cranberries are often available during the fall, but frozen and dried can be purchased from your local grocery store all year round.

Cranberries tend to be fairly sour, so sugar is often added to recipes. The recipe below is a low carb version to enjoy your favorite cranberry sauce!

Low Carb Cranberry Sauce



Ingredients:

- 2 (16 oz.) bags cranberries
- 1 tsp. stevia sweetener
- ½ tsp. ground ginger
- 1 T. lemon juice
- 1 tsp. lemon zest
- 1 cup water
- ¼ tsp. salt

Directions:

1. Place the cranberries, stevia, ginger, lemon, water and salt in a sauce pan. Simmer them over medium heat until cooked down and stir well. Add a little more water if they seem too thick.
2. Pour the mixture into a food processor or blender and pulse until smooth. Adjust sweetener to taste and pulse again.
3. Chill for 1 to 2 hours and serve with turkey or roasted chicken.