



Healthy Low Carb Sugar-Free Cranberry Sauce Recipe

INGREDIENTS

12 oz Cranberries

1 cup Powdered erythritol *See notes

3/4 cup Water

1 tsp Orange zest (optional; add more if you like more orange flavor)

1/2 tsp Vanilla extract

INSTRUCTIONS

1. Combine the cranberries, water, erythritol, and orange zest in a medium saucepan. Bring to a boil, then reduce heat to a gentle simmer. Simmer for 10-15 minutes, until the cranberries pop and a sauce forms.
2. Remove from heat. Stir in the vanilla extract.

RECIPE NOTES

If you want your sugar-free cranberry sauce to keep for longer without crystallizing, use powdered erythritol. If you'll be using it right away, regular granulated erythritol (or any granulated sweetener) will work just fine.

Serving size: 1/4 cup (6 servings)

NUTRITION INFORMATION PER SERVING

Calories: 32 | Total Carbs: 6g | Net Carbs: 4g | Fiber: 2g | Sugar: 2g