



## Braised Cranberry Cabbage

4 servings

25 minutes

### Ingredients

4 cups Purple Cabbage (shredded)  
1 cup Cranberry Sauce  
1/2 Yellow Onion (diced)  
1/4 cup Apple Cider Vinegar  
2 tbsps Maple Syrup  
1/4 tsp Sea Salt

### Directions

- 1 Add all of the ingredients to a large pot. Stir to combine. Cook over medium-high heat for 25 minutes, stirring occasionally until the cabbage is cooked through and tender.
- 2 Divide evenly between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is equal to approximately one cup.

**More Flavor:** Add chopped apple.



## Crispy Smashed Brussels Sprouts

2 servings

35 minutes

### Ingredients

2 cups Brussels Sprouts (trimmed, outer leaves peeled)  
1 tbsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Preheat the oven to 425°F (220°C).
- 2 Bring a large pot of water to a boil. Add the Brussels sprouts and boil for 10 minutes or until fork tender. Drain and transfer to a baking sheet.
- 3 Using the bottom of a mug or jar, smash the Brussels sprouts. Drizzle with olive oil and season with salt and pepper. Cook for 20 minutes or until crispy and browned. Divide onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving equals approximately one cup.

**Additional Toppings:** Serve with a dip of your choice.

# Naturally Sweetened Cranberry Sauce

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Author: [Cookie and Kate](#) Prep Time: 2 min Cook Time: 8 mins

Total Time: 10 minutes Yield: 2 cups  1x Diet: Gluten Free

★★★★★ 4.9 from 145 reviews

This naturally sweetened cranberry sauce recipe is made simply with fresh cranberries, honey or maple syrup and orange zest! It's easy to make and tastes amazing, too. Recipe yields about 2 cups cranberry sauce.



## Ingredients

1x	2x	3x
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- 12 ounces (1 bag) fresh cranberries
- 1/2 cup honey or maple syrup
- 1/2 cup water
- Zest of 1 medium orange\*, preferably organic (about 1 teaspoon)
- Truly optional add-ins: 1/2 teaspoon ground cinnamon and/or 1/4 cup fresh orange juice

## Instructions

1. First, rinse the cranberries well and drain off excess water. Pick through the cranberries and discard any squishy ones.
2. In a medium saucepan, combine the cranberries, honey and water. Bring the mixture to a boil over medium-high heat, then reduce heat to medium-low and cook, stirring occasionally, until the cranberries have popped and the mixture has thickened to your liking, about 5 to 10 minutes.
3. Remove the pot from heat and stir in the orange zest. If you'd like to add cinnamon or orange juice, add it now. Taste and, if the mixture is too tart (keeping in mind that cranberry sauce is supposed to be a little tart!), add more orange juice, honey or maple syrup to taste.

4. The sauce will continue to thicken as it cools. It will keep in the refrigerator, covered, for up to 2 weeks.

## Notes

*Recipe adapted from my [cranberry crostini](#).*

**Make it vegan:** Use maple syrup instead of honey.

**Prepare in advance:** You can make this sauce up to 2 days in advance. Cover and refrigerate, then let it warm to room temperature before serving.

**\*How to remove zest:** I use a [Microplane grater](#) (affiliate link) which easily removes the zest. You could also use the fine holes of your box grater. If you want to simplify, skip the zest and stir in  $\frac{1}{4}$  cup orange juice instead.

*Find it online: <https://cookieandkate.com/naturally-sweetened-cranberry-sauce-recipe/>*