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DELICIOUS FAT BURNING
THANKS GIVING
RECIPES

CRANBERRIES





CRANBERRIES

BRANDIED CRANBERRIES



INGREDIENTS:

- 2 cups (220 grams or about ½ pound) fresh cranberries
- 2 cups water
- Sugar substitute equal to 1 cup sugar *
- 2 to 3 tablespoons brandy or to taste
- A sprinkle of salt



INSTRUCTIONS:

Wash cranberries and drain well, removing any stems and damaged or soft berries. Place the berries in a small heat-resistant bowl or a glass canning jar. Berries should be room temperature. In a medium saucepan, over medium-high heat, bring water, sweetener, brandy, and salt to a boil. Boil for a few minutes to drive off some of the alcohol, if desired.

Pour boiling mixture over cranberries. Place a small plate or weight on top to keep berries submerged. All the berries should split after a few minutes. If any do not, drain off the liquid, reheat, and repeat the process. Let stand until room temperature. Cover and refrigerate overnight or 8 hours. Store in refrigerator or fill jars and process in a water bath as for canning. Use as a relish, a condiment, a garnish, or a topping for desserts. (I'm planning to use it to top a round of baked brie.)

VARIATIONS:

Sugared Brandied Cranberries

Use these as a beautiful, edible garnish for cheese plates, desserts, and drinks, or just eat them like candy. Drain cranberries. Line a baking sheet with parchment paper. Spread ½ cup dry sugar substitute, such as Swerve, Just Like Sugar, Sweet Perfection, LC-Sweet, or powdered erythritol or xylitol on a pie pan. (Splenda Granular will also work but will add 12 grams of carbs to the nutrition count for the total recipe.) Add a few berries at a time and tilt pan to roll berries around until coated. Transfer berries to lined baking sheet. Let dry for 2 or 3 hours and place in an air-tight container.

Brandied Cranberry Drinks

The syrup drained from the cranberries makes a delightful, colorful beverage. Fill a glass with sparkling or still water and add 2 to 3 tablespoons of the cranberry/brandy liquid, use more or less to taste. Pour over ice and stir. Garnish with a Sugared Cranberry and a slice of lemon. It also makes a refreshing, hot cranberry tea.

If you use a zero-carb sweetener, your drinks will have no carbs and almost no calories.

NOTES: *A sweetener with bulk, such as Swerve, Just Like Sugar, Sweet Perfection, LC-Sweet, or powdered erythritol or xylitol, will make a thicker syrup. A high-intensity sweetener, such as stevia will make a thin syrup. Or you can use some of each and fine tune it to your taste. The liquid can be drained off and reused with another batch of cranberries.



CRANBERRIES

CHIPOTLE LIME CRANBERRY SAUCE



INGREDIENTS:

3/4 cup water
1/2 cup Swerve Sweetener
1 12-oz bag fresh cranberries
1 to 2 medium chipotles in adobo, minced (depends on how hot you want it)
Juice of two limes
Zest of two limes, grated



INSTRUCTIONS:

Combine water and preferred sweetener in a medium pot and bring to a boil. Add cranberries and bring back to a boil, then reduce heat and simmer for 5 minutes, until berries begin to pop.

Add minced chipotle, lime juice and lime zest and continue to cook until all berries have popped and sauce is thickened, about 5 more minutes.





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SPICED CRANBERRY SAUCE



INGREDIENTS:

1/2 cup Dry red wine
6 packets Truvia -- (equal to 1/4 cup sweetener)
1/4 cup Splenda
1/4 cup xylitol
1/2 cup Davinci Sugar-free Syrup -- Raspberry flavor
12 ounces cranberries -- 1 bag--fresh
1 tablespoon orange extract -- (or 2 TBS zest of an orange)
2 sticks cinnamon
pinch salt
pinch cayenne pepper -- (trust me! Don't skip it)

Simmer approximately 10 minutes or until all cranberries are popped and soft. Remove from heat, add 2 to 4 icecubes. Stir until melted and let cool. Or you can add 1/4 cup cold water instead of icecubes.

The best, tastiest cranberry sauce I've ever had!

Per Servings : 33 Calories; trace Fat (1.9% calories from fat); trace Protein; 10g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 0 Fat.

NOTES: 3 g. useable carbs per 1/8 cup serving



INSTRUCTIONS:

In the bottom of a medium pot, place wine and sweeteners. (You can use whatever combo of sweeteners you prefer equal to about 1 1/4 cup sugar). Bring to a simmer and add Cranberries. Bring again to simmer, and add the remaining ingredients.