



Low FODMAP Cranberry Sauce

Serves: 10

Prep: 5 minutes

Cook: 15 minutes



Stack Cup

Ingredients	Metric	Imperial
Fresh or frozen cranberries	400 g	14 oz
1 cup of sugar	200 g	7 oz
1 cup of water	250 g	8.8 oz
1/4 tsp cinnamon		
Pinch of nutmeg		

Method

1. Add the water and sugar into a saucepan on medium-high heat and bring to a boil. Stir until the sugar is dissolved.
2. Add the cranberries to the saucepan and bring to a boil.
3. Turn the heat to low and simmer for 5-10 minutes until the majority of cranberries have burst.
4. Remove from heat and mix in the cinnamon and nutmeg
5. Let the sauce cool completely, then transfer to a bowl and store in the refrigerator until ready to serve.

Nutrition Information (per serve)	
Energy	390 Kj / 93 cal
Protein	0.21g
Carbohydrates	22.75g
Sugar	22.70g
Total Fat	0.06g
Saturated Fat	0.02g
Fibre	1.48g