

# Jenny's Fresh Cranberries

I wish we could get cranberries all year because their health benefits are incredible. They can help prevent urinary tract infections, protect your immune system, improve circulation, and their flavonoids can help lower your bad cholesterol. They're also high in fiber and vitamin C so don't even think about using that store-bought jelly stuff – make the real deal. This may be the easiest recipe I will ever publish plus you can make it days ahead! I never serve turkey without this delicious sweet-tart side dish.

12 oz. bag of fresh cranberries (about 3 cups)

1/2 cup water

1/4 cup sugar

1. Sort the berries and discard any that are soft or spoiled.
2. Place in a saucepan and stir in water and sugar.
3. Bring to a boil & cook uncovered for 4-5 minutes, stirring occasionally, until thickened.
4. Cool at room temperature. Cover and refrigerate.

\*Makes 1 1/2 cups