



# Cranberry Relish Sauce

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Submitted By: Vitamix

Dietary Interests: [Vegetarian](#), [Vegan](#), [Low Fat](#), [Low Sodium](#), [Gluten-Free](#), [Low](#)

## Yield:

1.75 c ( 420 ml )

## Total Time:

10 Minutes

## Difficulty:

Intermediate

## Ingredients

- 1 (140 g) orange, peeled, halved
- 1 cup (96 g) cranberries, fresh or frozen
- 1 (130 g) apple, halved, seeded, quartered
- 1/4 cup (50 g) sugar or other sweetener, to taste
- 1/3 cup (33 g) walnuts or pecans (optional)

## Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 4. If necessary, use the tamper to press any ingredients into the blades while processing.
4. Blend 15-25 seconds or until chunky.

This recipe has been written for the C-Series machines with Variable Speed control and Standard 64-ounce container. If you are using a different Vitamix machine or container size, you may need to make adjustments to the Variable Speed, processing time, and/or ingredient quantities.

## Nutrition Information

Serving Size 2 tbsp ( 32 g )

Amount Per Servings

Calories 45

Total Fat 1.5 g

Saturated Fat 0 g

Cholesterol 0 mg

Sodium 0 mg

Total Carbohydrate 7 g



Dietary Fiber	1 g
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Sugars	6 g
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<b>Protein</b>	<b>1 g</b>
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