



460 Center Street, #6636
Moraga, CA 94570
925.788.2937
email: jill@400moms.com

www.400moms.com

CRANBERRY RELISH

1 (16 oz.) package whole, raw cranberries, washed
1/2 medium orange cut into 1/8th sections
Peel of 1/2 orange, grated
3/4 cup sugar
1/2 cup pecans, chopped (optional)

Pour 1/2 package cranberries and 1/2 orange sections in food processor and chop.
Add sugar, remaining orange, orange peel and sugar to processor.
Chop until smooth.
Refrigerate for at least 2 hours. (Flavors blend better if stored overnight.)
Add nuts if desired before serving.

NOTE: You can freeze the mixture in baggies to use in smaller portions later.

Recipe Courtesy of Chris West

Jill West, RDN, an accomplished speaker, author and Registered Dietitian Nutritionist. She has a private practice in Lafayette, CA and provides nutrition consultations in-person and by phone, helping adults, families and student athletes achieve their health and performance goals.