

Heart Healthy Recipes from Gwinnett Medical Center



Cranberry Relish

- 12oz bag fresh cranberries
- 1/8 tsp ground cloves or cinnamon
- 30 grapes cut into halves
- 1 tsp vanilla
- 2 Tbsp powdered sugar substitute
- ½ cup chopped pecans

Preparation:

In food processor coarsely chop cranberries and stir in grape halves, spice, vanilla, sugar substitute and pecans. Mix well. Chill until ready to use, up to 24 hours.

Serves 16

Per Serving: Calories 42, Total Fat 2g, Protein 1g, Carbohydrates 5g