Holiday Cranberry Chutney

Makes 4 cups

1 chopped Granny Smith apple

1 cup raisins

1 cup chopped onion

1 cup sugar

1 cup white vinegar

3/4 cup chopped celery

3/4 cup water



2 teaspoons cinnamon

1 1/2 teaspoons ground ginger

1/4 teaspoon cloves

1 12-ounce bag fresh or frozen cranberries

Add all ingredients to a large saucepan. Bring to a boil, then reduce to a simmer. Allow mixture to cook uncovered on the stove top for 30 minutes until thickened.

Nutrition per 2 Tablespoons: 49 Calories; <1g Fat; <1g Protein; 13g Carbohydrates; 1g Fiber; 4mg Sodium



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Makes 4 cups

1 chopped Granny Smith apple

1 cup raisins

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3/4 cup water



2 teaspoons cinnamon

1 ½ teaspoons ground ginger

1/4 teaspoon cloves

1 12-ounce bag fresh or frozen cranberries

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