

# Cranberry Apple Orange Relish

*This recipe makes about 5 cups*



## Ingredients

- 1 - 12 oz bag cranberries
- 1 med- large orange
- 1 med-large apple
- ¼ cup sugar (you can add more if you want this to be sweeter)
- 1 tsp cinnamon

## Directions:

1. Wash all the fruit thoroughly. I like to add a small drop of dish soap to a sink filled with cold water to help remove any residue. Rinse well.
2. Sort through the cranberries, discarding any that are mushy or damaged.
3. To remove wax from the apple and orange, pour boiling water over them, then wipe them down with a paper towel.
4. Quarter and core the apple.
5. Trim the ends off the orange, quarter it, and remove any seeds. Leave the rind intact for extra flavor.
6. Place all ingredients into a food processor and pulse until you reach a uniform, chunky consistency.
7. Add parchment paper to your tray
8. Spread the mixture onto your tray
9. Pre-freeze when possible
10. Freeze dry (my cycle time was 36 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Slowly add cold water to the freeze-dried mixture, stirring gently to distribute the moisture evenly. Let it sit for a few minutes to absorb the water. Repeat this process—adding a little water at a time, stirring, and letting it rest—until everything is fully rehydrated but there's no excess water pooling at the bottom.

Be careful not to over hydrate, as this can cause the mixture to become mushy. Add water gradually for the best texture!

## Notes:

This is also a tasty snack without rehydrating. But it may be worth adding another tablespoon of sugar.

### Nutritional Value Per ½ cup

Calories: 70 Protein: 0 g Fat: 0 g Carbohydrates: 18 g Sugar: 12 g Fiber: 3 g