

DIABETIC RECIPE OF THE MONTH — NOVEMBER 2006

Cranberry Relish

- 1 small apple, chopped
- 1 (8-oz.) can crushed pineapple,
drained
- 1/3 cup Splenda
- 1 navel orange, unpeeled and
cut into quarters
- 2 cups fresh or frozen
cranberries

In a medium bowl, stir apple, pineapple and Splenda together. Pulse orange in a food processor until coarsely chopped; stir into apple mixture. Process cranberries in food processor until coarsely chopped; stir into apple mixture. Cover and chill 8 hours. YIELD: 3 cups

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