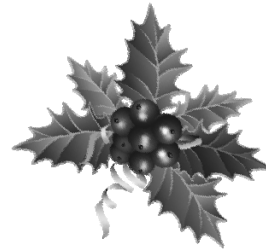


Cranberry Chutney

1 16-can whole cranberry sauce
½ c. raisins (*I use currants because I like the smaller fruit pieces*)
½ c. peeled, diced apple
¼ c. + 2 Tbsp. sugar (*or Splenda*)
¼ c. + 2 Tbsp. vinegar
1/8 tsp. allspice
1/8 tsp. ginger
1/8 tsp. cinnamon
Dash ground cloves



1. Combine all ingredients in a medium saucepan.
2. Cook over medium heat, stirring occasionally, until apples are tender and sauce has thickened slightly (about 30 minutes).
3. Refrigerate.

Yield: 2 ½ cups (1 serving = 2 tablespoons)

Nutritional Information: Per serving: 2 Tbsp.

Calories: 60 (*40 w/ Splenda*)

Total Fat: 0 g

Cholesterol: 0 g

Carbohydrates: 19.5 g (*13 g w/ Splenda*)

Protein: 0 g

Sodium: 4 mg