



Cranberry and Maple Sauce

Recipe Gluten-free, dairy-free (casein-free),
hypotoxic and vegan

By: Cuisine L'Angélique

YIELD : 375 ML (1 1/2 CUPS)

INGREDIENTS

- 210 g (2 cups) frozen cranberries
- 160 g (1/2 cup) maple syrup
- 360 g (1 1/2 cups) orange juice
- 5 ml (1 tsp) fresh ginger, grated
- 2.5 ml (1/2 tsp) organic orange zest
- 0.5 ml (1/8 tsp) ground cinnamon
- 2 pinches of salt
- 5 ml (1 tsp) organic cornstarch diluted in 5 ml (1 tsp) water

PREPARATION

1. In a medium saucepan, combine all ingredients, except cornstarch mixture.
2. Bring to a boil and simmer over low heat uncovered for 10 minutes.
3. Gently pour in the cornstarch mixture, stirring with a whisk, and continue cooking for about 2 minutes or until the sauce thickens.

