



Homemade Cranberry Sauce

Learn about cranberry farming and make a sweet and tangy cranberry sauce in just three steps.



Background:

400 million cranberries are consumed in the United States each year. Twenty percent, or 80 million pounds are consumed during the week of Thanksgiving! Cranberries are harvested each year in September and October.

Check out how cranberries are harvested [here](https://tinyurl.com/y38zz4ra).
<https://tinyurl.com/y38zz4ra>

To read interesting facts from the cranberry bog, click [here](https://tinyurl.com/yxq8n92k).
<https://tinyurl.com/yxq8n92k>

Homemade Cranberry Sauce

Ingredients:

- 1 cup orange juice
- ¼ teaspoon cinnamon
- 3 cups raw cranberries
- ½ cup honey
- 1 medium orange (optional)



Photo credit: superhealthykids.com

Click [here](https://superhealthykids.com) to browse more recipes that use cranberries from superhealthykids.com.

Instructions:

1. Place juice and cinnamon in a saucepan. Heat over medium heat until boiling.
2. Add cranberries and continue to boil for 10 minutes, stirring constantly.
3. Add honey and 1 teaspoon orange zest (optional). Stir until well combined.

Cranberry sauce can be used with a variety of meats, including turkey, pork, chicken, and ham. It's tasty with vanilla yogurt too!

