

Cranberry and Orange Relish



Food Fact:-

Cranberries are a delicious way to get your five-a-day servings of fruits and vegetables each day.

Cranberries also help fight bacterial infections and urinary tract infections.

Preparation time 6 mins

Cooking time 4 mins

Serves 4-6

**REAL FOOD
WORKS**

Ingredients

Cranberry and Orange Relish

1. Put ingredients into a microwaveable bowl, cover and cook for 3-4 minutes on full power.
2. Blend until smooth.
3. Pour into a serving dish. Cover with clingfilm and keep in a cool place till needed.

Serve with meat or as a delicious spread!

Don't forget, if using whole spices, remove the cloves and cinnamon before serving!

- 1 lb (450 g) fresh cranberries**
- 1 large orange, rind and juice**
- 3 oz (75 g) caster sugar**
- 1 heaped teaspoon freshly grated root ginger or ½ level teaspoon ground ginger**
- 1½ inch (4 cm) piece cinnamon stick**
- 4 cloves**
- OR**
- Substitute 1 tsp mixed spice for above spices**

