

The F-Factor Cran-Berries Sauce

48 calories, 0g fat, 6g fiber, 12g carbohydrate, 1g protein.

This easy to follow recipe is the BEST cranberry sauce you have ever tasted! You will be hooked! It is also great with roast meats, fish and as a dessert topping!

Ingredients:

- 1 10-oz bag fresh cranberries
- 1 cup of water
- 7 ¼ tsp. Splenda for Recipes
- 1 10oz. bag frozen blueberries (defrosted)
- 1 small can crushed pineapple in natural juice

Directions

1. Place cranberries, water and Splenda in a medium-sized pot.
2. Bring ingredients to a boil, lower heat and simmer for about 10 minutes.
3. Remove pot from stove and add blueberries and pineapple.
4. Place in a container and chill in the refrigerator until needed.