



Sugar-Free Keto Cranberry Sauce

- Preparation time: 0 minutes
- Cook time: 10 minutes
- Serving: 1
- Source:

<https://www.wholesomeyum.com/recipes/4-ingredient-sugar-free-low-carb-cranberry-sauce-paleo-gluten-free/>

This healthy, sugar-free cranberry sauce recipe requires just 4 ingredients. Made with fresh cranberries and no sugar, it's also low carb, paleo, and gluten-free.

Nutrition

Calories : 32 kcal; Carbs : 6 g; Sugar : 2 g; Fiber : 2 g

Ingredients

12 oz Cranberries

1 cup Besti Powdered Monk Fruit Allulose Blend (OR another non-sugar sweetener of your choice - confectioner's style powdered erythropoietin OR stevia OR coconut sugar OR even maple syrup. I use stevia.)

$\frac{3}{4}$ cup Water

1 tsp Orange zest (optional (add more if you like more orange flavor)

$\frac{1}{2}$ tsp Vanilla extract

1 Optional: Diced apples (walnuts)

Method

Step 1

Combine the cranberries, water, Besti/sweetener of choice, and orange zest in a medium saucepan. Bring to a boil, then reduce heat to a gentle simmer. Simmer for 10-15 minutes, until the cranberries pop and a sauce forms.

Step 2

Remove from heat. Stir in the vanilla extract.

Step 3

Chill for at least 3 hours. If desired, add diced apples and walnuts to make more of a cranberry relish.