

Wauwatosa Harvest of the Month

- November -

Cranberry



Cranberry sauce

- 1 cup dates (pitted, medjool, deglet noor or any other kind!)
- 1 cup water
- 2 ½ cups fresh cranberries

Directions

1. In a high-speed blender, add your dates and water and process until the dates are completely pulverized (soak your dates in water for a long time before you blend (about 24 hours) if you are using a regular blender).
2. In a medium sized saucepan over medium-high heat, add your blended date mixture and the cranberries. Cover and cook for about 12-13 minutes or until all the cranberries have popped, stirring every couple of minutes, to ensure the sugar mixture isn't burning. Serve warm or cold according to preference.



Wauwatosa
HEALTH DEPARTMENT

For more information call 414-479-8936 or visit
www.wauwatosa.net/harvest