

## Wild Blueberry Cranberry Sauce

### Ingredients:

- 2 cups cranberries, fresh or frozen
- 3/4 cup [frozen wild blueberries](#)
- 1 red apple, diced
- 1 tsp orange zest
- Juice from 1 orange
- 1/3 cup [coconut sugar](#) or [maple syrup](#)
- 2 cinnamon sticks

### Directions:

Place all the ingredients in a medium-sized pot and bring to a boil. Lower the heat to a simmer and cook uncovered. Stir every few minutes for 20-30 minutes until the mixture is thick and the berries are soft.

Remove half the mixture from the pot and blend until smooth using an immersion blender or a jug blender. Place it back in the pot. Alternatively, you can leave the sauce chunky or blend it completely. Remove the cinnamon sticks and let cool before serving. Best kept in the fridge.

*Makes about 1 cup*