

## **Low Carb Cranberry Sauce**

**SOURCE: AOL RECIPES (Karen Barnaby)**

**A friend makes a fantastic cranberry sauce with chipotle chiles and star anise: add 2 canned chipotle chilies, chopped + 2 star anise to the cranberries and water + the rest of the ingredients. The bourbon gives the sauce a wonderful fruity flavor. Add more to taste if you like.**

### **INGREDCIENTS:**

- 4 1/2 C (approximately 1 lb) fresh cranberries
- 1 1/2 C water
- 2 strips orange peel
- 2 strips lime peel
- 1 cinnamon stick
- 6 whole cloves
- 1 1/2 C Splenda
- 2 TBS bourbon

### **DIRECTIONS:**

Bring cranberries, water, orange and lime peel, cinnamon + cloves to boil - boil till the skin of the berries pop open (about 5 minutes) - remove from heat - Add Splenda - mix to thoroughly combined. Cool in refrigerator before serving.

Makes: approximately 4 C

**Total Carbohydrates: 96.54**

**Total Carbohydrates Minus Fiber: 77.43**

**Carbohydrates per Serving: 1.3**

**Carbohydrates per Serving minus Fiber: 1.04**