

Cranberry Sauce “Zolafied”



Plan Z Phase: This is a Z3 (ZReboot) recipe.

Servings: Can be doubled easily. Serves 12 in small quantities.

Ingredients:

- 1 bag of fresh cranberries (12 oz)
- juice of one half of an orange
- 1 tsp of freshly grated orange peel (you can freshly remove this from the orange or use dried)
- 6 tsp of Truvia (stevia)
- 1 cup of water
- $\frac{1}{4}$ tsp of salt

Instructions:

Remove the cranberries from the bag. Pick through to get out any spoiled or brown ones. Then put in a medium sauce pan. Add the other ingredients. Bring to medium high so the liquids start to boil. This will “pop” the cranberries. Continue cooking and stirring often for 5 -10 minutes or until the sauce thickens. It will thicken even more as it cools. Store in the refrigerator until ready to serve.

Cranberry Emergency: I'd consider making two batches of this cranberry sauce—one for those with re-calibrated taste buds and one for those who have not experienced Plan Z. Reason is...this level of sweetness is perfectly tart/sweet for us Plan Z dieters.

Your relatives might need another 4 tsp of stevia in order for them to get the sweetness they need. You'll just use your judgment; knowing your guests.

Enjoy!

Cheers,