



cranberry sauce
RECIPE

covenant natural health care
FROM THE KITCHEN OF

- 6 cups organic, whole, fresh cranberries
- 2 medium apples, diced
- 1/4 of whole organic pineapple, diced
- 3/4 cup raw honey
- 1/2 cup raw pecans, chopped
- pinch of nutmeg
- 3/4 tablespoon cinnamon
- 1 teaspoon fresh lemon zest

Fill a pot with 2 inches of water, bring to a boil and pour the cranberries in. Cook for about 10 minutes, stirring once or twice. Turn down heat to low, add nutmeg, cinnamon and honey and cook for a few minutes longer. Transfer mixture to a serving bowl and add apples, pineapple, pecans and lemon zest. Stir and serve warm or refrigerate.

* NOTES: Substitute walnuts for pecans, if desired.



mini pumpkin muffins
RECIPE

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FROM THE KITCHEN OF

- 1 can pumpkin puree or 15oz fresh pumpkin
- 2 eggs
- 1/2 cup organic, unsweetened applesauce
- 3/4 cup raw honey
- 7/8 cup of Bob's Red Mill's rice flour
- 7/8 cup of Bob's Red Mill's oat flour
- 1 teaspoon aluminum-free baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger

Preheat the oven to 350°F. Oil muffin pan with olive oil or butter and set aside. In a large bowl, mix together pumpkin, eggs, applesauce and honey until well blended. In a separate bowl, mix flours, baking soda, salt, cinnamon, nutmeg and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into prepared pans and bake for 25-30 minutes or until a an inserted toothpick comes out clean. Makes 24 mini muffins.

* NOTES: Add flax seed or nuts for added nutrition.