

Lacto-Fermented Cranberry Sauce

Sauces and Jellies



ingredients

- 1 1/2 cup** fresh cranberries
- 1/2 cup** honey
- 1 tsp** sea salt
- 1/3 cup** whey
- 1/2 cup** apple juice
- 1 tsp** cinnamon
- 1 tsp** orange zest
- juice from 1 orange

instructions

- Place everything into a blender except orange zest and pulse so that the ingredients are chopped but still chunky. Add orange zest.
- Pour into a canning jar and weigh down chunks under the liquid with weights or a ziplock bag with some water inside. Then put on the lid. You don't want the air to touch the food or else it may mold. Put it in a dark place for 48 hours. Once 48 hours are done take out weights and lid and/or ziplock bag, place lid back on and put into fridge.
- Will last in the fridge for 2 months. Use as a condiment, or as an appetizer with goat cheese and crackers.

