AMERICAN · SAUCE

Sugar-Free Cranberry Sauce with Monk Fruit

20 min · Makes 8 × 1/4 cup · 20 kcal a portion · Video 8:02 · Wholesome Yum

Vegan · Gluten-free ingredients · Nut-free

Whole cranberries sweetened with a monk fruit and allulose blend instead of sugar: a 1/4 cup serve has about 3.5 g net carbs, no added sugar and about 20 kcal.

Diet notes: Low carb (3.6 g net carbs) but not keto: 2% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients

5 · MAKES 8 × 1/4 CUP

- [ ] 1 tsp **orange zest**
- [ ] 12 oz **fresh cranberries**
- [ ] 3/4 cup **water**
- [ ] 1 cup **powdered monk fruit sweetener** (Besti monk fruit allulose blend)
- [ ] 1/2 tsp **vanilla extract**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Finely zest an orange, taking only the orange skin and not the bitter white pith. You need about 1 tsp. 2:27
2. Put the cranberries and water in a saucepan with plenty of room for boiling. 3:27
3. Add the powdered monk fruit-allulose sweetener and the orange zest, and stir so the berries are evenly coated. 3:47
4. Bring to a gentle boil, then lower the heat and simmer for 10–15 minutes, stirring now and then, until the berries pop and it thickens. It will still look a little thin; it sets more as it cools. 4:25
5. Take off the heat and stir in the vanilla (a pinch of cinnamon, nutmeg or allspice is a nice extra). 5:23
6. Serve warm from the pan, or spoon into a bowl and let it cool. 5:50

> **Tip** Serves are our estimate (about 2 cups). Avoid a wooden spoon, which stains. Keeps 1–2 weeks in the fridge or 3 months frozen. Any other sweetener must be powdered to dissolve.

The method is a summary in our words — the video shows every step.

One portion (1/4 cup) gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
20 kcal	0.2 g	5.2 g	1.6 g	0.1 g	0 mg
90 kJ	0% of a day	3.6 g net · 1.9 g sugars	6% of a day	0 g saturated	0% of a day
		2% of a day		0% of a day	

Energy from net carbs 89% · protein 5% · fat 6%

Recipe and video: Wholesome Yum (@WholesomeYum) on YouTube — youtube.com/watch?v=253AMfU8RtE, published 23 November 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sugar-free-cranberry-sauce-monk-fruit