

CRANBERRY COMPOTE



INGREDIENTS

- 1 bag fresh cranberries
- 2 oranges sliced in rounds with rind (Reserve one for garnish)
- 1/2 apple, peeled and sliced
- 3 packets Splenda
- 1 small box black cherry or other flavored red sugar free Jello
- 1/2 cup water
- 1 T cinnamon (optional)

DIRECTIONS

Put water and cranberries in a pot and simmer. As it begins to boil add Splenda, Jello, cinnamon if desired, apple and slices from one of the oranges. Cover and continue simmering until all cranberries “pop” and are soft. Spoon into festive bowl and chill. Garnish with remaining orange slices.