

# Blueberry Chutney

- 4 cups blueberries
- 16 oz. cranberry sauce
- 1/2 cup honey
- 3/4 cup balsamic vinegar
- 1 tbsp. orange zest
- 1 tbsp. ginger
- 1/2 tsp. crushed red pepper
- 1/4 tsp. black pepper
- 1/2 tsp. cinnamon

1. Place all ingredients in a large pot; do not use an aluminum pot when cooking blueberries.
2. Bring all of the ingredients to a boil, in an uncovered pot. Once the fruit mixture comes to a complete boil, turn the heat down and continue to cook for about 20 minutes, stirring frequently; this will allow the fruit mixture to reduce and start to thicken naturally.
3. Once the fruit mixture thickens, remove the pot from the stove; let the fruit sit for about five minutes, stirring to blend.
4. Pour the Chutney mixture into glass jars; store in the refrigerator for up to three weeks.
5. The Chutney can be frozen for up to six months, if stored in plastic bags.



*Servings: 48; Per Serving: 33 Calories; trace Fat (1.7% calories from fat); trace Protein; 9g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 4mg Sodium.*

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