



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Cranberry Pear Chutney

- 12 oz. bag Cranberries, picked over
- 2 Pears, peeled and chopped
- 1 cup Chopped Onion
- ½ cup Firmly Packed Sucanat *or* Honey
- ½ cup Organic Raisins
- ¼ cup Minced Peeled Fresh Gingerroot
- ¼ cup Apple Cider Vinegar
- 2 tsp. Freshly Grated Lemon Zest
- 1 tsp. Mustard Seeds
- ½ tsp. Dried Red-Hot Pepper Flakes
- ⅛ tsp. Salt



1. In a heavy saucepan combine all ingredients and simmer the mixture.
2. Stir occasionally 20 to 25 minutes, or until berries have burst.
3. The chutney keeps, covered and chilled, for 2 weeks.
4. Serve the Chutney at room temperature.

Tip: Excellent with roast poultry, on toast, in yogurt, on top of rice-cream, or on a side of any dish.