



Berry Apple Relish

*Original recipe by Julieanna Hever, MS, RD, CPT

By Julieanna Hever

1 Mix ingredients in large bowl until well combined.

Serves 4

Preparation Time: 5 minutes

Cook Time: 5 minutes

INGREDIENTS:

1 pound fresh cranberries finely chopped

2 tart green apples, peeled, cored, and finely chopped

½ cup 100-percent fruit apricot jam

½ cup 100-percent pure maple syrup

10 ounce package frozen raspberries, thawed and drained

Juice of 1 lemon