



Makes about 3 cups
Cook Time: 5 minutes

INGREDIENTS:

1 (12-ounce) bag fresh
cranberries

Zest and fruit of 2 large oranges

1 cup pitted dates (or more, to
taste)

5 Minute Cranberry Relish

Why cook your Thanksgiving cranberry sauce or load it up with sugar when you can make this incredibly easy, raw cranberry relish recipe in just five minutes? After the feast, enjoy leftover relish with your morning [oatmeal](#) or as a spread in a [sandwich or wrap](#). This three-ingredient cranberry relish recipe gets its natural sweetness from dates and needs no cooking whatsoever. In fact, it's so good you'll want to freeze some fresh cranberries when they're in season so you can enjoy this treat all year 'round.

Find this recipe and more in the [Forks Over Knives Recipe App](#).

By Chef AJ

- 1 In a food processor fitted with the "S" blade, process all ingredients until the desired chunky texture is reached.