



greystone
CHIROPRACTIC

INSTANT POT CRANBERRY SAUCE

16 ounces	Cranberries
1 cup	Orange juice
2	Cinnamon Sticks (or 2 teaspoons of ground cinnamon)
¼ cup	Honey
½ cup	Organic Sugar

DIRECTIONS

1. **Combine Ingredients:** Combine all ingredients into the Instant Pot.
2. **Pressure Cook the Cranberry Sauce:** Press **Manual** adjust time to 8 minutes.
3. **Naturally Release Pressure:** When the Instant Pot beeps, let the pressure release naturally. This is often referred to in recipes as NPR). Open the lid carefully.
4. **Cool:** Let the Cranberry Sauce cool. It will congeal as it cools. After it cools refrigerate it until you are ready to serve it.