



WESTERN WISCONSIN HEALTH

CRANBERRY RELISH (GLUTEN FREE)

- 1 bag cranberries
- 1 banana
- 1 apple
- 1 can crushed pineapple
- Splenda to taste

Nutrition Facts	
Serving Size (306g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 5
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	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 47g	16%
Dietary Fiber 7g	28%
Sugars 33g	
Protein 1g	
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Vitamin A 4%	• Vitamin C 50%
Calcium 4%	• Iron 4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Grind cranberries, banana and apples. Add pineapple with some juice. Add Splenda/sugar as needed.

NUTRITION FACTS: Serving size: 1 cup per serving, 4 servings