

## **CRANBERRY CHUTNEY**

Submitted by Mary M. Longshore

### **Ingredients:**

1 cup Water	½ cup raisins
¾ cup sugar	½ tsp. Ground cinnamon
1 12-oz package fresh or Frozen cranberries	¼ tsp. Ground ginger
1 cup peeled, chopped apples	¼ tsp. Ground allspice
½ cup cider vinegar	1/8 tsp. Ground cloves

### **Directions:**

In medium saucepan combine water and sugar; bring to boil over medium heat. Add cranberries, apple, vinegar, raisins and spices. Bring to boil, and then simmer gently 10 minutes, stirring often.

Pour into mixing bowl. Cool to room temperature and serve, or cover and refrigerate then bring to room temperature before serving.

Makes 2-2/3 cups, servings for 8. It can be stored for two to three weeks in sterilized jars. Can according to manufacturer's instructions.

*“The reason that fasting has an effect on the spirits of evil rests in its powerful effect on our own spirit. A body subdued by fasting brings the human spirit freedom, strength, sobriety, purity, and keen discernment”.*

*St. Ignaty Brianchaninov*