

## **Raw cranberry relish**

### **Ingredients:**

- 1 cup fresh cranberries
- 1 cup raw walnuts
- 1/2 cup pitted dates
- 1 orange, juice and zest (rind shavings)

### **Directions:**

1. Grind the cranberries and dates in a food processor to a medium fine pulp.
2. Put these in a separate container temporarily.
3. Grind the walnuts in the food processor to a medium pulp.
4. Add them to the cranberry date mixture.
5. Grate the orange zest super fine over the cranberry mixture.
6. Squeeze the orange juice over the mixture.
7. Optionally, you can add cinnamon, nutmeg or cardamom.
8. Stir well and let marinate in the refrigerator for 1 hour.
9. Remove from the refrigerator and taste. Add more dates, honey or agave nectar if you prefer it sweeter.