

Fermented Honey Cranberries

Honey fermented cranberries are a healthy, colorful, and delicious fermented recipe. Fermented honey cranberries are made from nourishing real food ingredients, and are a wonderful recipe for gut health.

During the 30 day fermenting process, the honey has turned a lovely red color. The cranberries have lost some of their tartness, and become a bit more wrinkled.



Organic Ingredients:

- fresh organic cranberries
- ginger
- cinnamon stick
- orange juiced
- raw organic honey

Dosage and Storage

Store in a cool place for many months or even a year or more.

Use:

You can serve and eat these delicious fermented honey cranberries as is, or you can try putting them in a food processor to grind them up into more of a cranberry sauce. It's never a bad idea to get some fermented food in during a big meal!