

Dried Cranberry Hack (FP or E)

(P—If you have a Trader Joe's within driving distance, you may want to try this hack. They have sugar-free dried cranberries. They are sweetened with a little glycerin, which is on plan, but honestly... they're not nearly sweet enough for me. I like a truly sweet-tart pop when I want dried cranberries in my meal. So here, I present you with my easy hack for fully sweet cranberries for salads and other purposes that are friendly to your blood sugar.)

Multiple Serve

INGREDIENTS:

- 1 bag sugar-free dried cranberries
- 2 Tbs TH Gentle Sweet

INSTRUCTIONS:

1. Open the bag, and add the Gentle Sweet.
2. Reseal the bag and shake it very well several times. That's it!

Protein Nerd Notes:

Probably don't need to tell you, but cranberries do not have any significant protein.