Cranberry Shrub

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Yield: 8 cups

8 cups water 1 bag (10 ounce) cranberries 3/4 cup sugar 1/2 cup lemon juice 1/4 cup distilled white vinegar. In a saucepan, bring the cranberries and water to a boil. Let cool. Strain.

In a bowl, whisk the sugar, lemon juice and vinegar until dissolved. Stir into the cranberry mixture.

Refrigerate at least two days and up to one month.

(To use: Mix with equal parts of seltzer.)

Per Serving (excluding unknown items): 658 Calories; trace Fat (0.2% calories from fat); 1g Protein; 172g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 61mg Sodium. Exchanges: 1 1/2 Fruit; 10 Other Carbohydrates.