

## Roasted Grape, Apple and Cranberry Sauce

Adapted from Cooking Light Magazine

*Yield: Approximately 2 cups*

- 2 Cups seedless black grapes
- 2 Cups large chopped apple
- 2 Tablespoons chopped shallot
- 1 Tablespoon melted coconut oil
- 1 ½ Cups fresh or frozen whole cranberries
- 4 Teaspoons maple syrup or honey, to taste
- Salt



Preheat oven to 425 degF. Cover rimmed baking sheet with foil and coat with cooking spray. Combine grapes, apple and shallot in medium bowl and drizzle with coconut oil. Stir to combine and transfer to prepared baking sheet. Bake 5 minutes.

Remove sheet from oven and add cranberries; stir to combine. Continue to bake until cranberries burst, apple is tender and grape skins are beginning to burst, about 15-20 minutes.

Remove from oven and transfer mixture to reserved bowl. Stir in maple syrup and pinch of salt. Stir and gently smash cranberries and grapes against side of bowl. Serve warm or allow to cool to room temperature.