3-Ingredient Cranberry Sauce Youâ??ll Make All Season

3 MIN READ

NOV. 19, 2026

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Cranberries may be small, but their impact on your health is anything but.

Often treated as a once-a-year side dish, these tart red berries are one of the most potent sources of polyphenols you can put on your table. Cranberries check every longevity box: they **support metabolic stability**, **protect the heart**, feed the gut, **boost memory**, and help buffer the stress of aging at the **cellular level**. They deserve to move out of the holiday corner and into your regular rotation.

Hereâ??s a simple recipe that highlights their natural power without overwhelming your schedule.

3-Ingredient Cranberry Sauce

This mix uses orange juice as a bright, fragrant cooking liquid that rounds out the berriesâ?? natural tartness. It is simple, fast, and a delicious way to get more polyphenols into your week.

Ingredients

Makes about 3 cups
â?¢ 3 cups fresh cranberries (one 12-ounce bag)
â?¢ 1 cup orange juice
â?¢ 1 cup sugar

Instructions
Combine all ingredients in a heavy saucepan. Cook over medium heat, stirring constantly until cranberries soften and begin to pop, about 5 minutes. You can smash the berries with a fork once they pop, or use an immersion blender to make a smoother

sauce. Remove from heat, pour into a serving vessel, let cool, and refrigerate.

Enjoy!

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