



## Cranberries: Not Just for Holiday Feasts

Many people make cranberry sauce or relish this time of year, but there are other ways you can enjoy cranberries: fresh, canned, frozen, dried and juice. Fresh cranberries - at only 50 calories a cup - have no added sugar. Canned and dried cranberries have added sugar. Frozen cranberries are often sweetened with 100% juice.



**Wash. Bite. How easy is that?**

Ever tried a fresh cranberry by itself? Probably not. They're sour! Here are suggestions\* for enjoying fresh cranberries:

- **Smoothies.** Add fresh cranberries (or frozen with no sugar added) to your favorite smoothie.
- **Popsicles.** Blend fresh cranberries with Greek yogurt and other fresh fruits. Freeze in popsicle molds.
- **Salsa.** Blend or chop fresh cranberries and add to any salsa recipe.
- **"Ice" cubes.** Freeze whole cranberries in ice cube trays for your next glass of water.



(\*Adapted from article by Molly Kimball, RD, [www.Nola.com](http://www.Nola.com))



Funded by USDA's SNAP, an equal opportunity provider and employer, in collaboration with the Iowa Departments of Human Services and Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to [dhs.iowa.gov/food-assistance](http://dhs.iowa.gov/food-assistance) for more information.

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## Fruit of the Month:



# Cranberry

## Take-Along Trail Mix

Dried cranberries are perfect for trail mix. Get the kids involved with this snack! They can measure the ingredients and stir the mix.

### Ingredients:

- 4 cups cereal (mix different WIC-approved cereals)
- 2 cups small pretzel twists
- 1 cup dried fruit (dried cranberries, raisins, chopped dried apricots)
- 1 cup peanuts

### Instructions:

- 1 Wash hands.
- 2 Mix together all ingredients in a large bowl.
- 3 Store in an airtight container in cupboard for about one week or store in freezer for several weeks.
- 4 Measure ½ cup amounts into snack size plastic bags for a grab-n-go snack.

Recipe adapted from Spend Smart. Eat Smart. Find more recipes at: [www.extension.iastate.edu/foodsavings/](http://www.extension.iastate.edu/foodsavings/)



## Save Money: Buy In Season

Fresh cranberries are a good price and taste great this time of year. Store what you don't use for a later date. Place berries in a freezer-safe plastic bag or container and freeze for up to one year. Don't thaw before using. Add frozen cranberries to smoothies or when baking.

