

Give Thanks to Your Health All Year Long with Cranberries

Here are **12 things to know about cranberries** to help you enjoy them and reap their whole body benefits throughout the year.

January

Add some fiber to your day. One half cup of dried or whole cranberries supplies 2.3 grams of fiber. Fiber promotes fullness and healthy weight, prevents constipation and can help control blood glucose and cholesterol levels.² Pack a trail mix snack with dried cranberries, nuts and seeds.

February

Show your heart some TLC. Studies show that flavonoids (polyphenols) give fruits like cranberries, and vegetables most of their antioxidant properties. A flavonoid-rich diet may reduce the risk of heart disease.³ Add frozen, thawed cranberries to your rice dish during the last few minutes of cooking.

March

A little bit of sweetness goes a long way. Cranberry juice cocktail and dried cranberries are sweetened because, unlike other berries, cranberries are naturally low in sugar and high in acidity, so they require sweetening to be palatable. Enjoy a glass of cranberry juice cocktail anytime.

April

Fight inflammation. The anti-inflammatory activity of cranberries was first discovered in 2009. Studies using animal models have shown that consuming cranberries significantly lowers pro-inflammatory markers.^{6,7} Try adding dried cranberries to your hot or cold pasta dish.

May

Get your PACs here. Cranberries naturally contain the flavonoid, proanthocyanidins (PACs). The structure of PACs in cranberries promote bacterial anti-adhesive properties not found in other commonly consumed fruits and vegetables.⁴ Add a cup of cranberry juice or frozen cranberries to your morning smoothie.

June

Skip the candy and snack on dried fruit instead. Choose MyPlate recommends doing this to help you eat more fruits daily.⁵



July

Hydrate with a refreshing cranberry citrus spritzer. Add a splash of 100% cranberry juice and orange juice to plain seltzer and finish with a lime wedge.



August

Keep your gut bacteria healthy. A small study of 10 subjects found that dried cranberries had a positive impact on the natural bacteria in the gut.¹¹ Based on these findings the study of cranberry's role in gut health is likely to grow. Mix dried cranberries into soft goat cheese and scoop with some whole grain crackers.

September

Reduce your risk for H. pylori infection. A 2020 clinical trial found that drinking cranberry juice containing 44 mg of PACs per serving two times a day could be a natural, complementary management strategy for adults with H. pylori infection.¹⁰ To get your 44 mg PACs twice a day have ½ cup 100% pure cranberry juice in the morning and evening. Feel free to mix it into another type of juice or seltzer.

October

It's cranberry season! Enjoy some fresh cranberries. Make cranberry salsa with chopped fresh cranberries, jalapeno peppers, green onions, lime juice and a little sugar and salt.

November

Lower your risk of UTIs (urinary tract infections). For decades, research has supported the use of cranberry products to reduce the incidence and recurrence of UTIs in men, women and children.^{6,7,8,9} Make your own cranberry sauce from fresh berries, orange juice, zest and a little sugar.

December

Ways to get your cranberries. Juices, sauce, and dried cranberries are available year-round at your grocery store. Fresh fruit is generally available from September to December. Add a handful of fresh cranberries and some orange juice to your morning smoothie.

Easy Cranberry Recipes

for the Busy Holiday Season and Beyond

All forms of cranberry (juice, sauce, and dried) provide similar health benefits¹. Whether you have time to cook or are looking to grab a snack on-the-go, you can find healthy ways to incorporate cranberries in your day.

An 8-oz serving of 27% cranberry juice cocktail provides the same level of goodness as:

- 1/4 cup fresh cranberries
- 1/3 cup sweetened dried cranberries
- 1/4 cup cranberry sauce
- 2 oz. 100% cranberry juice

On-The-Go Recipes to Fit Cranberries into Your Busy Day

No-Bake Cranberry Pistachio Energy Bites

This simple, satisfying recipe will become your favorite go-to snack.

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| 1 cup old-fashioned oats | 1/3 cup maple syrup |
| 1/2 cup Dried cranberries | 1 tsp vanilla extract |
| 1/2 cup shelled pistachios chopped | 1 tsp ground flaxseed optional |
| 1/2 cup creamy peanut butter | |

1. Mix oatmeal, dried cranberries, pistachios, peanut butter, maple syrup, vanilla and flaxseed in large mixing bowl. Cover and refrigerate 1-2 hours.
2. Once chilled, scoop out and roll into 1-inch balls.



Whip up a batch of these energy bites for an easy, take-along snack for the whole family.

Cranberry Whole Wheat Muffins

Pecans and cranberries pack a flavor punch in these take-along muffins.



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| 2 cups all-purpose flour | 1 1/4 cup milk |
| 3/4 cup whole wheat flour | 5 Tbsp melted butter |
| 1/3 cup granulated sugar | 1 egg |
| 1 Tbsp baking powder | 1 cup fresh or frozen, thawed cranberries, halved |
| 2 tsp ground ginger | 1 cup chopped, toasted pecans |
| 1/2 tsp orange zest (grated orange peel) | |
| 1/4 tsp salt | |

1. Preheat oven to 350 degrees. Line muffin pan with paper liners.
2. In a medium bowl combine flours, sugar, baking power, ginger, orange zest, and salt. Set aside.
3. In a medium mixing bowl whisk together milk, melted butter, and egg. Stir in cranberries and nuts.
4. Add wet ingredients to dry and stir just until blended. Do not over mix.
5. Divide batter evenly among muffin cups. Sprinkle granulated sugar on top of muffins, if desired.
6. Bake for 15 to 18 minutes or until lightly browned.

For the Holidays

These holiday dishes are not only easy to assemble but also flavorful and merry to help ring in the holiday season.

Cranberry and Citrus Punch

This punch will liven up any gathering. Add a few fresh cranberries to each glass for a festive touch.

2 cups cranberry juice	1/3 cup orange juice
1/2 cup sweetened dried cranberries	1/3 cup tangerine juice
1 cup blackberries	1/3 cup lime juice
	1/3 cup lemon juice

1. Blend all juices, blackberries and half the cranberries; remove from blender, add the remaining cranberries, save some for decoration.
2. Pour the punch into glasses and decorate with cranberries.

Tip: You may add rum.



Apple Cranberry Casserole

Bring this as a side dish to all your holiday gatherings. With simple, popular ingredients, it's sure to be a crowd favorite.

1-2 green apples	1 tsp baking powder
2 Tbsp dried cranberries	1 tsp oil
2 Tbsp orange juice	1 dash salt
1/4 cup thick pear juice	2 eggs
1 cup low fat farmer's cheese/curds	A little bit of lemon peel
3 Tbsp semolina	

1. Wash, clean and quarter the apples. Remove the apple cores and chop apple quarters into slices. Marinate them with cranberries in orange juice. Stir eggs, thick pear juice, farmer's cheese, lemon peel, salt, semolina and baking powder until it is a smooth and creamy mass. Fold in the fruits.
2. Preheat the oven at 180 degrees. Grease the baking dish and pour the farmer's cheese-fruit-mass in. Bake for 40 minutes.



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Sugared Cranberries

These cranberries will add some sparkle to your holiday dessert table.

2 bags fresh cranberries
1/2 cup water
1/2 cup sugar
Extra sugar

1. Combine water and sugar in a shallow pan.
2. Simmer 2-3 minutes.
3. Add cranberries and stir to completely coat.
4. Transfer cranberries to wire rack and dry for 1 hour.
5. In small batches, add dry cranberries to a bowl of sugar
6. Using a slotted spoon, stir to coat thoroughly and place in a separate bowl.



Cranberry, Leek, and Potato Cream Soup

With a warm scent of nutmeg, this soup will complement any holiday meal.

3 Tbsp dried cranberries	1 pinch of Nutmeg
2 leeks, chopped	1 cup heavy cream
1/2 cup Brie cheese, without the crust	4 cups chicken broth
2 potatoes, diced	2 Tbsp butter
	Salt and pepper to taste

1. Dice leek and potatoes. Melt butter in large saucepan. Once the butter is melted add the potatoes and leek. Cook on low heat without browning. Add the chicken broth and boil until the potatoes are soft. Strain the potatoes and leek and put in a blender. Add the cheese, heavy cream, nutmeg, and salt and pepper to taste. Blend until the ingredients become a smooth consistency. Once the ingredients achieve this consistency the soup is ready to serve.
2. Garnish with dried cranberries and fried leek.