



Smart & Tart

Ways to Enjoy
Dried Cranberries

The smart and tart dried cranberry is a portable, grab-and-go snack that can be enjoyed in a variety of ways. Dried cranberries are made from real cranberries – a fruit known for its tangy taste and potential health benefits. Cranberries contain flavonoids, which as a class have been shown to help lower the risk for cardiovascular disease.¹ They also contain specific flavonoids called proanthocyanidins (PACs), which have unique anti-adhesion properties that have been shown to help prevent the adhesion of certain harmful bacteria, including *E. coli*, associated with urinary tract infections (UTIs).^{2,3} A pilot study conducted by the University of Wisconsin-Madison found that women with recurring UTIs reported a reduction in UTIs for up to six months after consuming one serving of dried cranberries per day for two weeks.⁴ And these PACs may also help inhibit the bacteria associated with gum disease and stomach ulcers, and may help protect LDL-cholesterol (“bad” cholesterol) from being oxidized due to their high antioxidant activity.⁵⁻⁹

The amount of sugar in dried cranberries is similar to that of other dried fruits, like raisins. Dried cranberries are sweetened because, unlike other berries, cranberries are low in sugar and high in acidity so they require sweetening to be palatable. There are many ways to include dried cranberries in a healthy diet. *Here are some ideas!*

- As a Snack: *MyPlate* suggests keeping dried fruit, such as dried cranberries, in your desk or bag because they are easy to carry and store well (1/2 cup = one fruit cup/serving).¹⁰
- Oatmeal & Dried Cranberries: Enjoy a steaming bowl of steel-cut or instant oatmeal topped with dried cranberries. One serving (40 gram serving) of dried cranberries will add 2.3 grams of fiber and PACs to this fiber-full breakfast.
- Bake with Dried Cranberries: Add dried cranberries to homemade cookies, muffins, quick breads, or cakes before baking.
- Ready-to-Eat Cereal & Dried Cranberries: For a simple twist, add dried cranberries to your favorite whole grain ready-to-eat cereal.
- Peanut Butter & Celery: Spread peanut butter on celery sticks and line with dried cranberries for a snack called “red ants on a log”.
- Dried Cranberries & Whole Grains: Add dried cranberries to couscous spiced with curry, toasted almonds, pine nuts or fresh mint; or create a quinoa salad with dried cranberries and apple slices and drizzle with balsamic vinegar.
- Chicken Salad & Dried Cranberries: Stir in dried cranberries with walnuts for a flavorful chicken salad.
- Dried Cranberry Crusted Pork Roast: Create a tasty crust of dried cranberries and walnuts or pecans for roasted pork.
- Dried Cranberry Cream Cheese: Top your bagel with a blend of dried cranberries, pecans, and cream cheese.
- Dried Cranberries & Rice: Add a new flavor to your favorite rice dish by including dried cranberries in your recipe. Try a cranberry pecan rice pilaf!

For more great recipes, visit The Cranberry Marketing Committee at <http://www.uscranberries.com>.



***For more information
about cranberries, visit us at
cranberryinstitute.org***

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