

Pick a **better snack**[™] – THE COLOR WAY

CRANBERRIES

Wash. Cook. Eat. How easy is that?



Cranberries, also known as bounce berries, for years were enjoyed only at Thanksgiving. Today, many are realizing the health benefits of eating this low calorie red berry all year long. Most fresh cranberries are sold in bags. Check for firmness and a good red color; avoid pale berries. Store cranberries in the refrigerator or freeze them simply by placing the bag in the freezer. No other preparation is needed. You may use the frozen berries without thawing. In addition to fresh, include dried cranberries and cranberry juice in your diet. **Note:** Ripe cranberries will bounce, hence the name, bounce berry.

BANANA CRANBERRY JUMBLE (MAKES 3 SERVINGS)

2 bananas, halved and cut into 1/2 inch pieces
3/4 cups cranberries, fresh or frozen
1/4 cups oats
1/2 teaspoon nutmeg

Combine all ingredients in a large non-stick skillet. Cook on medium-high heat just until cranberries begin to soften, stirring occasionally. Remove from heat; cool slightly. Spoon into bowls and top with whipped topping or frozen yogurt, if desired.

Recipe Source: Produce for Better Health. This is an official 5 A Day recipe.

BAKED APPLES WITH CRANBERRIES (YIELDS 4 SERVINGS)

4 red, firm-fleshed medium apples
1 cup fresh or dried cranberries
1/3 cup pure maple syrup
1/4 cup brown sugar, packed
2 teaspoons unsalted butter
1/2 teaspoon ground cinnamon
Cream (optional)

Pre-heat oven to 375 degrees. Partially core apples, starting at the stem end, removing the entire seeded core, leaving bottom intact. Peel each of the apples, leaving at least 1/4 of the peel on the bottom of the apple. Place in a shallow oil-sprayed baking dish. Fill each apple with cranberries and scatter remaining cranberries in baking dish. Pour maple syrup over apples, sprinkle with brown sugar and top with 1/2 teaspoon butter and a sprinkling of cinnamon. Bake, basting occasionally, for 35-45 minutes, or until apples are tender and soft. Remove and allow to cool briefly. To serve, place each apple in a serving dish, spoon on syrup from the baking dish and serve warm with cream, if desired. *Recipe Source: Produce for Better Health, 5 A Day the Color Way Plan*

Include a variety of **RED** fruits and vegetables in your low-fat diet to help maintain:

- A healthy heart
- Memory function
- A lower risk of some cancers
- Urinary tract health

Pick a **better snack**[™] was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site

www.idph.state.ia.us/pickabettersnack or Iowa State University Extension web site

www.extension.iastate.edu/food. For more information about 5 A Day the Color Way[™], visit www.5aday.com.