



7 Ways to Use Cranberry Juice

1. Combine 4 cups of cranberry juice, 1 stick of cinnamon (or $\frac{1}{2}$ teaspoon ground cinnamon), and 4 slices of orange, and bring to a boil. Turn down the heat and simmer 10 minutes. Serve warm.
2. Bring 1 cup cranberry juice to a boil in a large saucepan. Add 3 cups of chopped ripened fruit (grapes, oranges, apples, chopped pears for example), then turn down the heat, cover, and cook for 15-20 minutes, stirring occasionally to break down the fruit, (until the fruit is cooked down and a thick mixture is formed). Spoon compote on top of pancakes, yogurt, or hot or cold cereal.
3. Whisk together 6 tablespoons oil, 2 tablespoons cranberry juice, 2 tablespoons vinegar, and 2 teaspoons honey for a salad dressing.
4. Bring 4 cups cranberry juice to a boil. Add 5 tea bags and slices of fresh ginger. Allow to cool in the fridge and enjoy as a spiced iced tea with a twist.
5. Combine 1 cup cranberry juice with a bottle of your favorite salad dressing and use as a marinade for chicken or ham.
6. Combine 1 part seltzer water to 1 part cranberry juice for a refreshing drink.
7. Add 6 roughly chopped (cored) apples and $\frac{1}{2}$ cup cranberry juice to a large saucepan. Bring to a boil over high heat. Cover, lower heat, and simmer for 10 minutes or until apples are tender. Mash with a fork or potato masher for a chunky applesauce.

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