























High in Vitamin C—1 serving of Ocean Spray Cranberry Liquid Concentrate contains 100% Vitamin C



Rich in antioxidants— these help the body fight harmful free radicals





Heart Health—studies from the American Chemical Society & European Journal of Nutrition have shown that 2 cups of cranberry juice a day have increased LDL cholesterol levels (the good kind!) and may prevent hardening of the arteries.





Urinary Tract Health— studies from the American Chemical Society have shown a correlation between cranberry juice consumption and prevention of urinary tract infections.





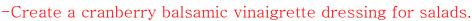
What to do with Cranberry Liquid Concentrate:



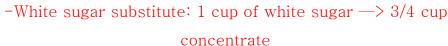
-Add 11.5 oz (one bottle) to 46 fl oz. of water to create a cranberry juice drink.



-Create a marinade or glaze for chicken or other meats.





























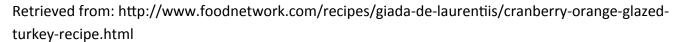


Got Cranberry Liquid Concentrate?

We do on our TEFAP menu!

Cranberry-Orange Glaze (used for chicken, turkey, ham, etc.)

Yields: 1 ¼ cups



Ingredients:

1/2 cup cranberry juice cocktail concentrate

1/2 cup frozen orange juice concentrate, thawed

1/4 cup orange marmalade

1 1/4 teaspoons chopped fresh rosemary

1 tablespoon butter

1/4 teaspoon kosher salt

1/8 teaspoon freshly ground

black pepper

Directions:

In a small saucepan, bring the cranberry juice, orange juice, marmalade and rosemary to a boil over medium-high heat. Boil until the glaze thickens enough to coat a spoon, whisking often, 15 minutes. Remove from the heat. Whisk in the butter, then season the glaze with salt and pepper.

Cranberry Bran Muffins

Retrieved from http://www.sheknows.com/food-and-recipes/articles/843981/how-to-substitute-juice-inyour-favorite-recipes

Ingredients:

2 cups sour cream 1 can (11.5 ounces) Concentrated Cranberry Juice Cocktail

2 cups flour 4 eggs

1 cup chopped walnuts 5 cups bran flakes, crushed 2 teaspoons baking soda

Directions:

- 1. Preheat oven to 400 degrees F. Prepare muffin pans by lightly spraying with cooking spray or by lining with paper cups.
- 2. In medium bowl, whisk together cranberry juice cocktail and eggs until well blended. Mix in the crushed bran flakes, and set aside to stand for 5 minutes.
- 3. Stir in the remaining ingredients just until the flour is moistened. The batter will be lumpy. Fill the prepared muffin cups about two-thirds full with batter. Bake for 20 minutes or until toothpick inserted in center of muffin comes out clean.



Got Cranberry Liquid Concentrate?

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Cranberry Vinaigrette Salad Dressing (can be used as a marinade) Yields: 6 servings

Retrieved from http://www.food.com/recipe/cranberry-vinaigrette-salad-dressing-124534

<u>Ingredients:</u> 1 cup extra virgin olive oil

1 egg white 3/4 cup canola oil

2 tablespoons mustard 1 teaspoon fresh dill, chopped

1/2 lemon, juice of salt (to taste)

1/4 cup red wine vinegar pepper (to taste)

2/3 cup cranberry juice concentrate sugar (to taste)

Directions:

In a blender, whisk egg white, mustard, lemon juice and red wine vinegar until frothy.

While blender is still running, slowly pour in the cranberry concentrate, allowing it to infuse gradually into the egg white mixture.

Mix the two oils together in a small bowl, and let it gradually stream into the blender, continuing to whisk until the dressing has emulsified, and has thickened.

Turn off the blender at this point, and pour dressing into a large bowl. Stir in the dill and add the salt, pepper and sugar to your liking.

Three Cranberry Relish. Yields: 10 servings

Retrieved from: All Recipes

Ingredients:

1 pound of cranberries

12 fl oz. cranberry juice concentrate

1 ½ cups sweetened dried cranberries

1 tbsp orange zest

Directions:

Combine all ingredients in a sauce pan. Cook over medium heat until cranberries pop. Serve warm or cold. *As the relish sits, it thickens.

