

CRANBERRIES

Fun Facts

- CRANBERRIES ARE OFTEN CALLED "SUPER FOOD" BECAUSE HOW HEALTHY AND VITAMIN RICH THEY ARE.
- CRANBERRIES ARE ONE OF 3 NATIVE FRUITS IN NORTH AMERICA.
- CRANBERRIES GROW ON A LOW RUNNING VIN IN Bogs AND THEY GROW PINK FLOWERS IN THE SPRING

Serving Size

25 calories per 1/2 cup



Shopping Tips

- When you go to the store to buy cranberries, make sure they are dark red and not too discolored.
- Make sure your bag isn't tampered with.
- Make sure you buy them around fall because that is when they are the most fresh.



Recipe

White Chocolate Cranberry Holiday Bark

Ingredients

- 1 cup of sliced almonds
- ¼ unsweetened coconut
- one cup of oven-toasted rice cereal
- one cup of dried cranberries
- 1 ½ pounds of good-quality white chocolate, chopped
- 2 teaspoons of vegetable oil

Preparation

- PREHEAT THE OVEN TO 375 DEGREES. LINE A BAKING SHEET WITH PARCHMENT PAPER, AND SET ASIDE.
- SPREAD THE SLICED ALMONDS AND THE UNSWEETENED COCONUT IN AN EVEN LAYER ON THE BAKING SHEET. TOAST 5-8 MIN OR UNTIL COCONUT BEGINS TO BROWN. REMOVE BAKING SHEET FROM THE OVEN AND LET COOL.
- IN A LARGE BOWL COMBINE ALMONDS, COCONUT RICE CEREAL AND DRIED CRANBERRIES. RESERVE ABOUT 1/4 CUP OF THE MIXTURE, AND SET ASIDE.
- PLACE CHOPPED WHITE CHOCOLATE AND 2 TEASPOONS OF VEGETABLE OIL IN A LARGE HEATPROOF BOWL, AND SET OVER A MEDIUM SAUCEPAN OF SIMMERING WATER. STIR WITH A SPATULA UNTIL THE CHOCOLATE IS COMPLETELY MELTED.
- REMOVE THE CHOCOLATE FROM HEAT, AND FOLD IN THE ALMOND MIXTURE. SPREAD MIXTURE EVENLY ON PARCHMENT-LINED BAKING SHEET. SPRINKLE ON THE RESERVED 1/4 CUP TOPPING. REFRIGERATE FOR ABOUT 30 MIN OR UNTIL THE CHOCOLATE HAS COMPLETELY SET. BREAK THE BARK INTO SMALL PIECES, AND SERVE.

