Try the Team’s favourite recipes!

Part of the
BC Cranberry Marketing Commission’s
Discover BC Cranberries
Educational Kit for Teachers and Parents
Cranberries contain a wide variety of powerful phytochemicals that promote wellness, can prevent certain acute infections, and may help prevent some age-related chronic diseases.

These recipes include healthy and tasty cranberries and are fun to make with your children. We hope that you will enjoy both making them and eating the results!
Cran’s Supershake

12 frozen cranberries  
(Cran’s powerful energy boosters)
1/3 cup vanilla yoghurt
1/3 cup milk (or coconut milk or almond milk)
2 tbsp powdered sugar
1/2 cup white grape juice
3-5 spinach leaves (you can’t taste these but they count as one of your daily vegetables)
1/2 banana (optional)

Mix together in a blender until smooth. Have a “Superberry” day!

Freckles’ Cran-Applesauce

1 large Granny Smith apple
1/4 cup dried cranberries/”Craisins”
1/8 tsp cinnamon
1/8 tsp nutmeg
2 tbsp brown sugar
1/4 cup cranberry cocktail

Mix together in a saucepan and simmer until soft (approximately 8 minutes). Mash with a fork. Superberry yummy!

BC Cran Team’s Cranberry Popsicles

1 cup cranberry cocktail
1 cup white grape juice

Mix together in a bowl and pour into popsicle molds. Freeze and enjoy!
Raz’s Fruit Cups

6 chocolate dessert cups or baked tart shells
1/3 cup cranberry cocktail
2 tbsp cornstarch
1/3 cup cranberry cocktail
1/4 cup sugar
lemon zest from one lemon or substitute 1 tsp of lemon juice
3/4 cup dried cranberries and mixed fresh berries

Stir together first amount of cranberry cocktail and cornstarch and set aside. In a saucepan heat the second amount of cranberry cocktail, sugar and lemon zest and whisk until the sugar is dissolved.

Gradually whisk the cornstarch and cranberry cocktail mixture into the saucepan ingredients. Stir constantly. Slowly bring the glaze to a boil to thicken.

When thickened, stir in some dried cranberries and a mixture of your favourite fresh berries. Remove from heat and let cool. Once cool, fill the dessert cups/baked tart shells.

Boo-Boo’s Cran-Rasp Jelly

1/2 cup cranberry/raspberry cocktail
1 packet unflavoured gelatin
1/2 cup cranberry/raspberry cocktail
1/8 cup sugar
1 cup cranberry/raspberry cocktail

In a mixing bowl, add the first amount of cocktail. Sprinkle on 1 packet of unflavoured gelatin. In a pot, bring the sugar and the second amount of cocktail to a boil. Add to the bowl of juice and gelatin. Add the third amount of cocktail, stir and put in the fridge until set.
Mrs. Appleby’s Cookies

3/4 cup softened butter or margarine
1 cup packed brown sugar
1/2 cup granulated sugar
1/4 cup milk
1 large egg
1 tsp vanilla extract
1 cup all-purpose flour
1 tsp cinnamon
1/2 tsp baking soda
1/4 tsp salt
3 cups old fashioned rolled oats
1/2 cup dried cranberries/Craisins
1/2 cup raisins
1/4 cup chocolate chips (optional)

Heat oven to 350 degrees F (180 C). Place parchment paper onto cookie sheets.

Combine butter, brown sugar, milk, egg and vanilla until light and beat until light and fluffy.

Combine flour, cinnamon, baking soda and salt in a separate bowl. Add to butter mixture. Mix well.

Stir in oats, craisins, and raisins.

Drop by teaspoons onto cookie sheets.

Bake for 12 – 15 minutes.
More fun activities are available on the BC Cranberry Marketing Commission website

www.bccranberries.com

For other fun activities for kids of all ages scan the QR code to the left or visit http://www.bccranberries.com/bccmc-kids-area.html

For an on-line PDF version of this recipe book scan the QR code to the left or visit http://www.bccranberries.com/kids-area/Superberry Recipe Book for Kids.pdf

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