

SUPERBERRY'S

Cranberry Recipes for Kids

(AND ADULTS TOO!)



Try the Team's favourite recipes!



Part of the
BC Cranberry Marketing Commission's
Discover BC Cranberries
Educational Kit for Teachers and Parents

RECIPES



Cran's Supershake	Page 3
Freckle's Cran-Applesauce	Page 3
BC Cran Team's Cranberry Popsicles	Page 3
Raz's Fruit Cups	Page 4
Boo-boos Cran-Rasp Jelly	Page 4
Mrs. Appleby's Cookies	Page 5

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 of 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](http://www.bccranberries.com/kids-area/SuperberryRecipeBookforKids.pdf)

Part of the BC Cranberry Marketing Commission's
Discover BC Cranberries Educational Kit for Teachers and Parents

All text and graphics copyright: Goatley Studios Inc.
Permission is granted for reproduction for education use.

This project is supported by the BC Government's
Buy Local program; delivered by the Investment
Agriculture Foundation of BC with funding from the
BC Ministry of Agriculture.

