



Cranana Smoothie & Cranberry Sauce More Often

Cranberry Sauce More Often (makes 8 servings)

Homemade cranberry sauce is super easy to make. No need to reserve it only for the holiday season. To consistently eat more super healthy cranberries, keep this sauce on hand and use as a side to roasted meats and fish or in smoothies and baking.

1 cup	water	250 mL
1/3 cup	sugar or your favourite alternative	80 mL
4 cups	fresh or frozen cranberries	1 L

1. In saucepan, combine water and sugar, stir to dissolve.
2. Add cranberries, bring to a boil. Reduce heat and simmer for 10 minutes. Allow to cool. Sauce will thicken as it cools.

Per serving (3/4 cup): 70 calories, 16 g carbohydrate, 6 g fibre, 3 mg sodium, 0 g fat, 1 g protein

Cranana Smoothie (serves 4)

Prepare the cranberry sauce in advance and keep frozen in 1 cup portions for quick adding to smoothies or for use in cooking.

1 cup	homemade cranberry sauce (as above)	250 mL
2	frozen bananas, broken into chunks	2
1 cup	orange juice or cranberry juice	250 mL
1 cup	plain or strawberry Greek yogurt	250 mL
1 tsp	vanilla flavouring	5 mL

3. Blend all together until smooth.
4. Optional garnish: fresh mint leaf and a couple frozen cranberries.
5. Extra smoothie can be easily turned into frozen treats by freezing in popsicle molds.

Per serving: 177 calories, 39 g carbohydrate, 3.5 g fibre, 47 mg sodium, 1.5 g fat, 5 g protein

