

Cranberry Spritzer

Level: Easy
Total: 8 min
Prep: 8 min
Yield: 4 cups

Nutrition Info

100 Calories, 39 milligrams sodium, 26 g carbohydrates



Ingredients

12 ice cubes
2 1/2 cups of seltzer
2 cups 100% **cranberry juice**
2 tablespoons honey

1 orange, thinly sliced

Directions

1. Place ice cubes into pitcher. Add seltzer. Add 2 cups of cranberry juice to a large pitcher. Mix in 2 tablespoons of honey. Add orange slices and stir to combine.
2. Nutrition Info (per serving): Calories: 100; Fat: 0 grams; Saturated Fat: 0 grams; Protein: 0 grams; Carbohydrate: 26 grams; Sodium: 39 milligrams; Cholesterol: 0 milligrams; Fiber: 0 grams

<https://www.foodnetwork.com/recipes/cranberry-spritzer-recipe-1960938#/>

Cranberry Smoothie

Ingredients:

2 cups cranberry sauce

1 cup apple juice (or any fruit juice you like)

1 cup orange juice

1 Tablespoon honey

½ teaspoon nutmeg

½ teaspoon cinnamon

Instructions:

4 servings

1. Put all ingredients into a blender, or use a hand blender.
2. Blend until smooth. Pout into a glass and serve!

Nutrition Information (per serving):

140 calories

37 g carbohydrates

32 g sugars

1 g protein

<http://seasonalandsimple.info/recipe/details.aspx?RecipeID=765>

Perfect Cranberry Sauce

- Level: Easy
- Total: 37 min
- Prep: 15 min
- Cook: 22 min

Empty a 12-ounce bag of **fresh or frozen** cranberries into a saucepan and transfer 1/2 cup to a small bowl.

Add 1 cup sugar, 1 strip orange or lemon zest and 2 tablespoons water to the pan and cook over low heat, stirring occasionally, until the sugar dissolves and the cranberries are soft, about 10 minutes.

Increase the heat to medium and cook until the cranberries burst, about 12 minutes.

Reduce the heat to low and stir in the reserved cranberries.

Add sugar, salt and pepper to taste and cool to room temperature before serving.

<https://www.foodnetwork.com/recipes/food-network-kitchen/perfect-cranberry-sauce-recipe-2104277>

Cranberries - Ways to Use Them

Americans consume some 400 million pounds of cranberries each year and 20% of that total is eaten during Thanksgiving week. In addition to canned cranberry sauce, here are some tasty ways to enjoy these berries:

- Add chopped cranberries to baked goods such as bran muffins.
- Toss some chopped cranberries into pancakes or waffles.
- Serve cranberry sauce over top of pancakes, waffles or yogurt.
- Try dried cranberries - eat them out of the bag or incorporate them into snack mixes.
- Add a few chopped fresh or dried cranberries to your morning cereal or oatmeal.
- Cook cranberries with apples for a tangy applesauce.
- Add cranberries to apple or pecan pie for holiday color and flavor.