

A HEALTHY FRUIT FROM A GOOD PLACE



You probably already know that dried cranberries taste good as a snack, on salads and on cereals, but did you know they're good for you too? The great taste and well-documented health benefits of cranberries are the perfect way to brighten up meals and snacks everyday, everywhere, every way.

AN EXCEPTIONAL FRUIT

- Craisins® Dried Cranberries are power-packed with more naturally occurring antioxidants per serving than other popular fruits – more than blueberries, plums, strawberries, apples, grapes, raspberries and blackberries.
- Dried cranberries have more antioxidants and the same amount of sugar as the leading brand of raisins.
- 1/4 cup serving of Craisins® Dried Cranberries provides 25 percent of your daily fruit needs.
- Craisins® Dried Cranberries are fat-free, cholesterol-free and have no artificial flavors, preservatives or trans-fats and are a good source of fiber to help curb your hunger longer than many snacks.

NEED SOME INSPIRATION? TRY DRIED CRANBERRIES!

From snacking to baking, on salads and cereals, dried cranberries offer ultimate variety any time of day:



BREAKFAST

Toss dried cranberries into yogurt, hot or cold cereal to add a healthy kick to everyday breakfast foods.



LUNCH

Give a traditional salad a zesty twist by adding dried cranberries for a sweet-tart punch.



DINNER

Create the perfect glaze or dipping sauce to spice up your favorite meat or fish dish.



Craisins® Breakfast Bars



INGREDIENTS

- 1/4 cup vegetable oil
- 2 tablespoons orange juice
- 2 teaspoons grated orange zest
- 1 large egg
- 1 cup quick-cooking oats
- 1 cup round toasted oat cereal
- 2/3 cup Ocean Spray® Craisins® Blueberry or Pomegranate Juice Infused Dried Cranberries
- 1/2 cup wheat germ
- 1/2 cup sunflower kernels
- 1/3 cup packed brown sugar
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda

DIRECTIONS

Preheat oven to 325°F. Line 8-inch square baking pan with foil; spray foil with cooking spray. Whisk together oil, orange juice, orange zest and egg in small bowl.

Combine remaining ingredients in large bowl; mix well. Pour in oil mixture; stir until all ingredients are moistened. Pour mixture evenly into prepared pan; press firmly.

Bake for 30 to 35 minutes or until deep golden brown and set. Cool in pan for 15 minutes. Remove from pan by lifting foil; remove foil.

Cut into bars while still warm. Serve warm or cool completely. Makes 8 bars.

Mickey Fruit Pizza



INGREDIENTS

- 1 roll (16.5 ounce) refrigerated sugar cookie dough
- 1 package (8 ounces) cream cheese, softened
- 1/4 cup honey
- 1/2 teaspoon vanilla
- 1/2 cup Ocean Spray® Craisins® Dried Cranberries
- 1 cup blueberries
- 1 cup quartered strawberry pieces
- 1 to 2 medium bananas, sliced
- Juice of 1/2 lemon
- 2 tablespoons water
- 2 tablespoons apricot spreadable fruit

DIRECTIONS

Heat oven to 350°F. Spray 13-inch pizza pan or baking sheet with cooking spray. Break up cookie dough; press dough evenly in bottom of pan to form crust. Bake 13 to 18 minutes or until golden brown. Cool completely, about 30 minutes.

Stir together cream cheese, honey and vanilla in a medium mixing bowl. Spread over cookie crust to within 1/4 inch of edge. Trace an 8-inch circle in cream cheese mixture, placing edge of circle 1/2 inch from edge of cookie (this will bottom of Mickey shape). Using 4-inch circle, trace 2 ears in cream cheese mixture, tracing slightly more than 1/2 of the circle for each ear. Trace a horizontal line through center of large circle.

Outline Mickey shape with 2 rows of dried cranberries. Arrange blueberries in top half of Mickey shape. Arrange strawberries in bottom of half Mickey shape.

In medium bowl, combine lemon juice and water. Dip cut bananas in lemon mixture; drain on paper towels. Arrange banana slices around outer edge of Mickey shape. In small microwavable cup, heat spreadable fruit on High 15 seconds; stir. Brush mixture over fruit. Refrigerate up to 2 hours before serving. Makes 12 to 16 servings.

Craisins® Crunch Breakfast Bowl



INGREDIENTS

- 1 banana, thinly sliced
- 1/4 cup Ocean Spray® Craisins® Original Dried Cranberries
- 2 tablespoons low-fat French vanilla yogurt
- 2 tablespoons low-fat granola

Craisins® - Orange Muffins Disney's BoardWalk Bakery



INGREDIENTS

- Streusel Topping
 - 1/4 cup cake flour
 - 1/4 cup sugar
 - 2 tablespoons unsalted butter, softened
 - 1/2 teaspoon vanilla extract
- Muffins
- 1 cup plus 2 tablespoons sifted cake flour
 - 1 cup cornstarch
 - 1/2 teaspoon baking powder
 - 1 1/4 cups sugar
 - 1 cup (2 sticks) unsalted butter, at room temperature
 - 1/2 teaspoon vanilla extract
 - 1/4 teaspoon lemon extract
 - 4 eggs
 - Zest of 1 orange
 - 1 cup Ocean Spray® Craisins® Dried Cranberries

Cranberry Almond Bread



INGREDIENTS

- 2 cups flour
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 egg
- 1/2 cup milk
- 1/2 cup butter, melted
- 2 teaspoons almond extract
- 1 5-ounce package Ocean Spray® Craisins® Original Dried Cranberries
- 1 tablespoon sugar
- 1/4 cup sliced almonds

DIRECTIONS

Preheat oven to 350°F and spray mini-muffin cups with nonstick cooking spray. Combine sugar and water in a medium saucepan; bring to a boil. Add cranberries; return to a boil. Reduce heat; simmer about 3 to 4 minutes or until cranberries pop and mixture thickens slightly, stirring occasionally. Remove from heat; stir in lemon juice and peel.

Press 1 wonton wrapper gently into each muffin cup, let ends extend above. Spray edges of wonton wrappers with nonstick cooking spray. Bake for 12 to 14 minutes or until bottoms begin to brown. Place 1 cube of Brie in each cup; place sheet of aluminum foil over each pan to prevent excessive browning. Bake 3 to 5 minutes or until Brie is soft. Remove from oven; top each with about 1 teaspoon cranberry mixture. Makes 24 appetizers.

DIRECTIONS

For streusel topping:

Combine flour, sugar, butter, and vanilla extract in a small bowl. Mash with a fork until crumbly; set aside.

For muffins:

Preheat the oven to 350°F. Line 15 muffin cups with paper or foil liners; set aside. Combine flour, cornstarch, and baking powder in a medium bowl, whisking to combine. Combine sugar, butter, vanilla extract, and lemon extract in a medium bowl; beat with an electric mixer for 5 minutes, or until light and creamy.

Add eggs one at a time, beating well after each addition; add 3 tablespoons of flour mixture with the last egg.

(Mixture may seem curdled.) Beat 3 to 4 minutes, or until creamy. Fold in remaining flour mixture, orange zest, and Craisins, mixing until just incorporated.

Fill prepared muffin cups 3/4 full with batter; sprinkle streusel topping over tops of muffins.

Bake 20 to 25 minutes, or until a wooden pick inserted in the center comes out clean.

DIRECTIONS

Preheat oven to 375°F. Grease an 8 1/2 x 4 1/2 x 2 inch loaf pan.

Combine flour, sugar, baking powder and salt in a medium mixing bowl. Set aside. Combine egg, milk, butter, almond extract and dried cranberries in a medium mixing bowl.

Add to dry ingredients; mixing just until the dry ingredients are moist. Spread batter in loaf pan. Sprinkle with sugar and almonds.

Bake for 1 hour or until a toothpick inserted into center of loaf comes out clean.

Makes 1 loaf.