

CRANBERRY-APPLE JUICE

CANNED, UNSWEETENED

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 02/23/04

Product Description

Canned Unsweetened Cranberry-Apple Juice is 100% juice, with no added sweeteners.

Pack

The juice is packed in 46-ounce cans, which provide 7 $\frac{3}{4}$ -cup (6-ounce) servings.

Storage

- Store unopened cans of the juice in a cool, dry place off the floor until ready to use.
- After the juice is opened, store in the refrigerator and use within 5 to 7 days.

Uses and Tips

- Cranberry-Apple Juice is delicious, chilled, as a beverage.
- It makes an excellent colorful base for a fruit punch.
- Use as a delicious appetizer when served with a scoop of raspberry, pineapple, or orange sherbet.
- In the cold winter months, make a warm-me-up special with heated Cranberry-Apple Juice; serve it plain or flavored with cinnamon, cloves, and nutmeg.

(See recipes on reverse side)



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Nutrition Information

- ***Cranberry-Apple Juice*** is an excellent source of vitamin C: 6 ounces provides 75% of the Daily Reference Value of this vitamin.
- It is low in sodium, contains no fat, and has only 90 calories per $\frac{3}{4}$ -cup serving.
- A $\frac{3}{4}$ -cup serving provides 1 serving from the **FRUIT GROUP of the Food Guide Pyramid**.

Nutrition Facts	
Serving size $\frac{3}{4}$ cup (177ml) cranberry-apple juice	
Amount Per Serving	
Calories 90	Fat Cal 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 23g	7%
Dietary Fiber 0g	0%
Sugars 23g	
Protein 0g	
Vitamin A 0%	Vitamin C 75%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

Crananna Chill

$\frac{3}{4}$ cup Cranberry-Apple Juice
 $\frac{1}{2}$ banana, mashed with a fork
1 lemon wedge, squeezed
1 cup crushed ice
1 lemon wedge to garnish

1. Stir all ingredients in a 16-ounce glass.
2. Garnish with a lemon wedge.

Makes 1 serving

Recipe provided by Mott's Inc.

Nutrition Information for each serving of Crananna Chill:

Calories	175	Cholesterol	0 mg	Sugar	28 g	Calcium	16 mg
Calories from fat	2	Sodium	4 mg	Protein	0 g	Iron	.2 mg
Total Fat	.2 g	Total Carbohydrate	45 g	Vitamin A	4 RE		
Saturated Fat	.1 g	Dietary Fiber	1 g	Vitamin C	67 mg		

Hot Cinnamon Teaberry

1 quart Cranberry-Apple Juice
1 quart hot tea
1 teaspoon ground cinnamon
2 tablespoons sugar

1. Combine all ingredients in a saucepan and simmer for 5 minutes.
2. Keep warm and serve in an 9-ounce mug.

Makes 8 servings

Recipe provided by Mott's Inc.

Nutrition Information for each serving of Hot Cinnamon Teaberry:

Calories	94	Cholesterol	0 mg	Sugar	15 g	Calcium	11 mg
Calories from fat	0	Sodium	6 mg	Protein	0 g	Iron	.2 mg
Total Fat	0 g	Total Carbohydrate	4 g	Vitamin A	0 RE		
Saturated Fat	0 g	Dietary Fiber	0 g	Vitamin C	38 mg		

Frozen Cranberry-Coffee Refresher

$\frac{3}{4}$ cup Cranberry-Apple Juice
1 tablespoon cold coffee
1 scoop ($\frac{1}{3}$ cup) vanilla ice milk
1 cup crushed ice
Ground cinnamon to garnish

1. Briskly stir all ingredients in a tall glass until blended.
2. Garnish with ground cinnamon.

Makes 1 serving

Recipe provided by Mott's Inc.

Nutrition Information for each serving of Frozen Cranberry-Coffee Refresher:

Calories	261	Cholesterol	36 mg	Sugar	19 g	Calcium	18 mg
Calories from fat	95	Sodium	30 mg	Protein	30 g	Iron	1.0 mg
Total Fat	10.5 g	Total Carbohydrate	30 g	Vitamin A	0 RE		
Saturated Fat	4.2 g	Dietary Fiber	0 g	Vitamin C	57 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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