

# APPLE - CHERRY JUICE BLEND

## CANNED, UNSWEETENED

for use in the USDA Household  
Commodity Food Distribution Programs

01/11/08

### Product Description

**Canned unsweetened apple-cherry juice blend** is 100% juice, with no artificial colors, flavors, or added sweeteners. This juice has been fortified with vitamin C.

### Pack/Yield

The juice is packed in 46-ounce cans, which provide 5¾ cups.

### Storage

- Store unopened cans in a cool, dry place off the floor until ready to use.
- Store leftover apple-cherry juice blend in a covered container and refrigerate. Use within 5 to 7 days.

### Uses and Tips

- Make a refreshing apple-cherry spritzer by adding apple-cherry juice blend to ice cold seltzer water – a refreshing treat on a hot summer day.
- Blend apple-cherry juice blend with fruit, yogurt, and ice to make a fruit smoothie.

*(See recipes on reverse side)*



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### Nutrition Information

- One serving of apple-cherry juice blend provides 100% of your daily value for vitamin C.
- A 1-cup serving of apple-cherry juice blend counts as 1 cup fruit from MyPyramid's Fruit group.

Nutrition Facts	
Serving size 8 fl oz (240mL) canned apple-cherry juice blend	
Amount Per Serving	
<b>Calories</b> 120	Fat Cal 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 31g	
<b>Protein</b> 0g	
Vitamin A 0%	Vitamin C 100%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

## Creamy Apple-Cherry Milkshake

2 8-ounce containers vanilla low-fat yogurt  
¼ cup sugar  
1½ cups apple-cherry juice blend  
1½ cups low-fat milk

1. Thoroughly combine yogurt, sugar, and apple-cherry juice blend. Refrigerate 1 hour until thoroughly chilled.
2. Add milk to chilled yogurt mixture and serve cold.

*Modified recipe provided by Michigan Apple Committee*

**Makes about 6 ¾-cup servings**

### Nutrition Information for each serving of Creamy Apple-Cherry Milkshake:

Calories	156	Cholesterol	7 mg	Sugar	28 g	Calcium	212 mg
Calories from Fat	15	Sodium	85 mg	Protein	5 g	Iron	.2 mg
Total Fat	1.7 g	Total Carbohydrate	30 g	Vitamin A	49 RE		
Saturated Fat	1.0 g	Dietary Fiber	0 g	Vitamin C	1 mg		

## Apple-Cherry Cinnamon Oatmeal

1 cup water  
¼ cup apple-cherry juice blend  
1 apple, cored and chopped  
2/3 cup rolled oats  
1 teaspoon ground cinnamon  
1 cup low-fat milk

1. Combine the water, apple-cherry juice blend, and apples in a saucepan.
2. Bring to a boil over high heat, and stir in the rolled oats and cinnamon.
3. Return to a boil, then reduce heat to low, and simmer until thick, about 3 minutes.
4. Spoon into serving bowls, and pour milk over the servings.

**Makes about 2 servings**

### Nutrition Information for each serving of Apple-Cherry Cinnamon Oatmeal:

Calories	198	Cholesterol	6 mg	Sugar	17 g	Calcium	169 mg
Calories from Fat	27	Sodium	59 mg	Protein	9 g	Iron	1.9 mg
Total Fat	3.0 g	Total Carbohydrate	37 g	Vitamin A	52 RE		
Saturated Fat	1.1 g	Dietary Fiber	5 g	Vitamin C	13.5 mg		

## Apple-Cherry Vinaigrette Salad Dressing

¼ cup apple-cherry juice blend  
¼ cup oil  
3 tablespoons vinegar  
2 tablespoons lemon juice  
1 tablespoon sugar  
Paprika, salt, and pepper (optional)

1. Combine apple-cherry juice blend, oil, vinegar, lemon juice, sugar, and spices (if desired) in a covered jar. Shake to mix well.
2. Serve over fresh greens or pasta salad.

**Makes about 6 2-tablespoon servings**

*Modified recipe provided by Michigan Apples*

### Nutrition Information for each serving of Apple-Cherry Vinaigrette Salad Dressing:

Calories	95	Cholesterol	0 mg	Sugar	3 g	Calcium	1.6 mg
Calories from Fat	81	Sodium	0 mg	Protein	0 g	Iron	0 mg
Total Fat	9.0 g	Total Carbohydrate	4 g	Vitamin A	0 RE		
Saturated Fat	1.4 g	Dietary Fiber	0 g	Vitamin C	6 mg		

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

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