

Cranberries



About Cranberries

- Cranberries are a good source of Vitamin C
- Vitamin C helps our body fight sickness
- Cranberries are 87% water and help us stay hydrated

Choosing and Storing

- Pick round, shiny berries. Do not wash until ready to use
- Store cranberries for up to 2 months in the veggie drawer inside the fridge
- Whole or sliced berries can be frozen for up to a year in a freezer bag

WIC Tips: For cooking 12 ounces of cranberries =
3 cups whole or 2.5 cups chopped

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Cranberry Pumpkin Muffins

Serving Size 1 muffin. Recipe makes 12 muffins

INGREDIENTS

- 2 cups flour
- 3/4 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 3/4 teaspoon allspice
- 1/3 cup vegetable oil
- 2 large eggs
- 3/4 cup canned pure pumpkin
- 2 cups cranberries (fresh or frozen) chopped

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Mix together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until dry ingredients are gone
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake at 400 degrees for 15 to 30 minutes.



Recipe from <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cranberry-pumpkin-muffins>

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