

Cranberries

Hello Families,

Pick a **better** snack™ is a program from Iowa State University Extension and Outreach Cerro Gordo County. Each month 2nd grade students learn about a variety of snacks and healthy living.

To learn more about cranberries, watch Eating Healthy with Michelle – Lesson 9. The video can be found at <https://www.youtube.com/watch?v=zB5dbojIGJs&feature=youtu.be>.

For more facts and recipes check out:

IDPH Pick a Better Snack

<https://idph.iowa.gov/inn/pick-a-better-snack>

Spend Smart. Eat Smart.

<https://spendsmart.extension.iastate.edu/>

Happy snacking! – Michelle Schubert

Facts

- Cranberries grow on vines in bogs or marches.
- Originated in North America and used by Native Americans as food and medicine.
- One-fifth of all cranberries harvested in the United States are used to celebrate Thanksgiving.
- Cranberries are a good source of vitamin C, fiber, and potassium.



How to Pick 'Em

- Choose fresh cranberries that are:
 - Firm
 - Plump
 - Dark red in color

How to Eat 'Em

- Cranberries can be eaten fresh, dried, canned as cranberry sauce, frozen, and as juice.
- Add them to salads, stuffing, relish, muffins, breads, pies, and smoothies.



Try it at Home

Cranberry Oatmeal Bars

Ingredients:

- 1 cup dried cranberries
- 1/4 cup 100% juice (apple, orange, pineapple, or cranberry)
- 1 1/2 cups all-purpose flour
- 1 1/2 cups quick cooking oats
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup packed brown sugar
- 2/3 cup margarine, softened (about 10 1/2 tablespoons)
- 2 eggs
- 1/4 cup pecans or walnuts, chopped (optional)



Directions:

1. Preheat oven to 350 °F. Lightly coat a 9x13x2 inch pan with cooking spray. Set aside.
2. Combine cranberries and juice in a microwavable bowl. Microwave on high 30 seconds. Let stand 10 minutes.
3. Combine flour, oats, baking powder, and salt. Set aside.
4. Beat brown sugar and margarine together with electric mixer on medium speed until light and fluffy. Add eggs, one at a time, beating until well blended. Beating the eggs adds lightness and volume to the bars.
5. Gradually stir in flour mixture, mixing well.
6. Stir in cranberry mixture and nuts in desired. Spread the dough evenly in prepared pan.
7. Bake for 20-22 minutes or until center is set. Cool completely before cutting.

Recipe from: Spend Smart. Eat Smart.

<https://spendsmart.extension.iastate.edu/recipe/cranberry-oatmeal-bars/>

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