



## Cranberry Apple Juice, 100%, Unsweetened

MyPlate Food Group: **Fruit**

USDA  
**Foods**

### Nutrition Information

- ½ cup of 100% fruit juice counts as ½ cup of fruit in the ChooseMyPlate.gov Fruit group.
- Cranberry apple juice contains vitamin C. Vitamin C helps to heal cuts and wounds and keeps your gums healthy.
- For specific information about cranberry apple juice, please refer to the product’s Nutrition Facts Panel or ingredient list.

### Uses and Tips

- When thirsty, reach for water first. Freeze 100% juice in ice cube trays and use frozen cubes to flavor water.
- When giving juice to children, fill half of the cup with water and the other half with juice.
- Have ready-to-go containers filled with water or healthy drinks available in the refrigerator.
- Want to cut back on soda but still want a sweet refresher? Try mixing ½ a glass of 100% juice with ½ a glass of club soda or ice cold water.

### Storing Foods at Home

- Store unopened bottles in a clean, dry, cool place.
- After opening juice, refrigerate any unused juice.
- Look at the “Best if used by” or “Best by” date on the package. The juice will taste best if used before this date.

### MyPlate Facts

- Juice should be consumed in moderation. Children should drink no more than 4 oz. of fruit juice per day.
- When possible, choose whole fruits such as canned, fresh, frozen, or dried fruits instead of juice.
- Sip smarter by choosing 100% fruit or vegetable juice, water, and other low-calorie beverages.
- 100% juice is part of the Fruit or Vegetable Group. Juice should make up less than half of the total recommended fruit or vegetable intake.



## USDA Foods

### **Peach Blueberry Crisp**

*Makes 5 servings*

#### **Ingredients:**

##### *Topping*

- ½ cup packed brown sugar
- ½ cup flour
- ½ cup old fashioned rolled oats
- ¼ cup melted margarine or butter

##### *Fruit Filling*

- 3 cups chopped peaches
- 3 cups blueberries
- 2 tablespoons cornstarch
- ¼ teaspoon salt
- ½ cup sugar
- 1 cup cranberry apple juice
- 1 teaspoon vanilla

#### **Directions:**

1. Mix the brown sugar, flour, and oats in a bowl. Stir in the margarine. Set aside.
2. Spread the peaches and blueberries in a 8-inch baking dish.
3. In a 2-3 quart saucepan, mix cornstarch, salt, and sugar and stir in the juice. Cook over medium heat until thickened, stirring constantly.
4. Add the vanilla and pour mixture over the peaches and blueberries.
5. Crumble the oat mixture on top of the fruit.
6. Bake at 350 degrees for 45 minutes.
7. Serve warm or cold. Refrigerate leftovers within 2 hours.

*Recipe adopted from FoodHero.org*

### **Mixed Berry Smoothie**

*Makes 2 serving*

#### **Ingredients:**

- ¾ cup cranberry apple juice
- ¾ cup frozen berries (strawberries, raspberries, blackberries, blueberries)
- 1, 6-ounce container of low-fat yogurt
- ½ banana, cut into slices

#### **Directions:**

1. Combine all ingredients in a blender.
2. Blend for a few seconds on high speed or until ingredients are thoroughly combined.
3. Pour into a large glasses and enjoy!

*Recipe adapted from Ocean Spray*