

FUEL UP

Crave Cranberries

Tart and sweet, dried and sweetened cranberries go well with fall and winter dishes. They have a good dose of fiber, vitamins, and minerals, but be mindful of portions – they contain added sugar.

TOSS

Mix a handful in coleslaw, roasted butternut squash, or Brussels sprouts for a tart-sweet kick of flavor.

SPRINKLE

Add a spoonful to cooked cereal, salads, yogurt, and grain bowls.

MIX

Combine with almonds or walnuts for a quick and healthy energy boost.

