

Can-Do CRANBERRY

Cranberry Pancakes

Servings: 4

Ingredients

- 2 cups pancake mix
- 2 eggs
- $\frac{3}{4}$ cup skim or low-fat milk
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ cup whole-berry cranberry sauce
- Nonstick cooking spray to grease skillet

Optional syrup

- $\frac{1}{2}$ cup whole-berry cranberry sauce
- $\frac{1}{4}$ cup maple syrup or honey

Directions

1. Wash hands and surfaces.
2. Preheat skillet over medium to medium-high heat.
3. In a large mixing bowl, mix dry pancake mix, eggs, milk, vanilla and $\frac{1}{2}$ cup cranberry sauce.
4. Spray skillet with nonstick cooking spray, and pour in $\frac{1}{4}$ cup of batter per pancake. Cook pancakes for 2-3 minutes per side.
5. To make the syrup: In a small saucepan, combine $\frac{1}{2}$ cup cranberry sauce and $\frac{1}{4}$ cup maple syrup. Warm over low heat while the pancakes cook.
6. Serve pancakes and drizzle with syrup of your choice, or top with fresh berries!
7. Enjoy! Refrigerate leftovers immediately.



Homemade cranberry sauce

- Place 3 cups (12 ounces) fresh cranberries (or also use frozen), 1 orange and 1 cup of sugar in a blender.
- Blend until mixed well.
- Heat and use in one of these recipes or serve over turkey, ice cream sandwiches, etc.



Cranberry & Chicken Grilled Cheese Sandwiches

Servings: 4

Ingredients

- 8 slices whole-grain or whole-wheat bread
- 4 tablespoons jellied cranberry sauce, divided into 4 servings
- 8 slices American cheese, divided into 4 servings (may replace with another type of cheese)
- One 12.5-ounce can chicken, shredded and divided into 4 servings
- 4 tablespoons mustard (optional)
- 6 tablespoons unsalted margarine at room temperature, divided

Directions

1. Wash hands and surfaces.
2. Spread four slices of bread with cranberry sauce.
3. Top each slice with a serving of cheese and chicken.
4. Spread the remaining four slices of bread with mustard, and place on top of chicken, cheese and cranberry sauce to make sandwiches.
5. Spread top of all four sandwiches with 1 tablespoon each of margarine, spreading margarine all the way to the edges of the bread.
6. Heat a large skillet over medium heat.
7. Melt 1 tablespoon of the remaining margarine in skillet.
8. Place two sandwiches in skillet, pressing down lightly with the back of a spatula. Cover and cook until golden brown, about 2-3 minutes per side.
9. Repeat steps 7 and 8 with remaining margarine and sandwiches.
10. Serve hot.
11. Enjoy! Refrigerate leftovers immediately.



Substitutions:

Try leftover (or deli) turkey instead of chicken for a holiday themed sandwich.

Cranberry-Banana Smoothie

Servings: 2

Ingredients

- 1 large ripe banana, peeled
- $\frac{2}{3}$ cup whole-berry cranberry sauce
- $\frac{1}{2}$ cup vanilla yogurt
- $\frac{1}{2}$ cup ice cubes (optional)

Directions

1. Wash hands and surfaces.
2. Place all ingredients in a blender. Cover and process until smooth. Serve immediately and refrigerate any leftovers.



Tips:

- Feel free to add any other fresh, canned or frozen fruits you enjoy.
- If you have bananas that are starting to get too ripe, peel them and put them in a freezer bag to store in the freezer for up to 3 months. Frozen bananas are perfect for smoothies!

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Cranberry Oatmeal Bars

Servings: 24

Ingredients

- 2 cups old-fashioned rolled oats
- One 15.25-ounce box white cake mix
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 cup cold, unsalted butter, cut into small pieces
- One 14-ounce can whole-berry cranberry sauce, or 1½ cups homemade cranberry sauce

Directions

1. Wash hands and surfaces.
2. Preheat oven to 350 F.
3. In a large bowl, mix together the oats, cake mix, baking soda, salt and butter. Use your fingers to rub in the butter until everything is moistened and no pieces are bigger than the oats.
4. Spoon $\frac{3}{4}$ of the oat mixture into a 9-by-13-inch baking pan. Press down firmly on the mixture to form a firm layer that evenly covers the bottom of the pan.
5. Add the cranberry sauce, spreading it in a thin layer over the oat layer. Sprinkle with the remaining oat mixture.
6. Bake for 25–28 minutes, or until the top just starts to turn golden brown.
7. Allow to cool in the pan on a wire rack. Cut into 8 strips along the length of the pan and 3 strips along the width to yield 24 bars.
8. Enjoy! Refrigerate leftovers immediately.

