

Simple recipes with cranberries



Cranberry, due to its high nutritional and health-promoting values, can be a permanent part of your diet, also when you do not have time to prepare a meal for a long time between everyday tasks.

... when you're on the go



Cranberry smoothie

Ingredients:

- 1 banana
- 1/2 cup of your berries (frozen or fresh)
- 1/2 cup of cranberries
- 1 cup of plant-based milk
- 1 teaspoon of honey

Blend the ingredients in a blender ... and you're done! Enjoy the taste of health!



Source: <https://www.allrecipes.com/recipe/235671/cranberry-smoothie/>



Coconut porridge with cranberries

Makes 2 servings:

- 1/2 cup of oats
- 1 cup of water
- 1 small can of coconut milk / 165 ml
- 1 teaspoon of sugar
- 1/4 vanilla pod



½ cup of fresh cranberries

¼ cup of brewed chokeberry or rose tea

Preparation:

1. Put all the ingredients except cranberries and tea into a saucepan.

Heat it over low heat without stirring, then cook it for 5-7 minutes until it thickens properly.

2. Meanwhile, boil the cranberries and tea in a saucepan chokeberry. Cook for 2-3 minutes, until the cranberries are done getting soft.

3. Put the hot porridge in the bowls together with the cranberries, you can sprinkle with coconut shavings.

Source: Jadłonomia: <https://www.jadlonomia.com/przepisy/owsianka-kokosowa-z-zurawina/>



... when you fancy something sweet



Oat cookies with cranberries

Ingredients:

140g dried cranberries

200g instant oat flakes

2 tablespoons flour

1 flat teaspoon baking powder

150g soft butter

150g light brown sugar

1 egg

1. Crush the cranberries in a blender or chop them finely.

2. Blend the oatmeal, flour, baking powder and cranberries together.

3. In a second bowl, mash the butter and sugar (mash for about 3-4 minutes). Reduce the mixer speed and add the egg, grate for about 30 seconds. Add the flour mixed with the oatmeal and cranberries and mix thoroughly (preferably with a spoon or with your hands).

4. Form two rolls from the dough and put them in the fridge for 3 hours.

5. Then cut the rolls with a sharp knife into slices about 1 cm wide and place them on a baking tray lined with baking paper. I baked at 170 ° C on hot air for 14 minutes. Cookies

After removing from the oven, set aside to cool on a baking tray, because they are very soft (they will harden when they cool down).



Source: <https://malacukierenka.pl/ciasteczka-owsiane-z-zurawina.html>



Cranberry Granola

Portion for 8 people:

200 g of a mixture of your favorite nuts (Italian, Brazilian, hazelnut ...)

400 g of oatmeal

100 g of a mixture of your favorite seeds and seeds (sunflower, pumpkin, flax)

80 g of dried cranberries

2 tablespoons of oil

1. Preheat the oven to 180 ° C

2. Finely chop the nuts, mix them with oatmeal, cranberries and oil.

3. Divide the mixture into two parts and then lay out evenly on 2 sheets lined with paper up to

baking. Bake each of the portions for about 25 minutes until they are golden and crispy.

Serving suggestion: Granola tastes great as a yoghurt dessert: mix your favorite one together natural yoghurt with a pinch of cinnamon and honey and serve with previously prepared granola.

Source: <https://www.jamieoliver.com/recipes/fruit-recipes/cranberry-granola/>



... when Christmas comes



Cranberry sauce

Ingredients:

500 g fresh or frozen cranberries

2 apples, peeled, cut into small pieces

150 g of cane sugar

1 stick of cinnamon



1. Put ingredients in a pot, add a little water. Tip: If you are using frozen cranberries, it's best to defrost them before cooking.

2. Heat the ingredients gently, bring to a boil and stew until the apples are tender.

3. When the sauce thickens a little, remove from the heat source and wait for the sauce to cool.

The sauce prepared in this way is a great addition to your favorite Christmas dishes meat and vegan.

Source: <https://www.jamieoliver.com/recipes/fruit-recipes/apple-cranberry-sauce/>



Christmas cheesecake

Ingredients

500g of wheat flour

5 yolks

250g of butter

150g of powdered sugar

1 packet of vanilla sugar

1 tablespoon of sour cream

1 teaspoon of baking powder

Pinch of salt

1 kg of cottage cheese

125g of sugar

2 packets of vanilla sugar

3 eggs

100g of melted butter

2 tablespoons of potato flour

15g of wheat flour

1/2 lemon juice

80g of candied cranberries

5 proteins

150g of coarse sugar



1. Mix the flour with sugar powder, baking powder and a pinch of salt. Chop the butter, add it to the rest of the ingredients and knead gently. While kneading, add the egg yolks and a spoon of cream. Knead everything until a homogeneous mass is obtained. Divide the dough into two parts (2/5 and 3/5), put the smaller part in the refrigerator for an hour, the larger part, after forming the roll, put into the freezer

2. After one hour, take the dough from the refrigerator and spread it until it's of 6-7 mm thick and place it in a rectangular shape tray. Then, bake the dough for about 10-15 minutes at 180 °C without hot air circulation mode then set aside to cool down

3. Whip the eggs with sugar and vanilla sugar, then gradually add the cheesecake cheese, melted butter, wheat flour and potato starch and lemon juice. Mix until obtained homogeneous mix.

4. Put the mix on the baked bottom of the cake

5. Put the cranberries into the pot and cover it with boiling water. After 5 minutes, drain them then sprinkle the cranberries on top of the cheese mass.

6. Whip egg yolks and sugar, then place it on a layer of cranberries

7. Grate the dough from the freezer and sprinkle in on the top of the prepared mass.

8. Bake the cake for about 50 minutes. After baking and cooling completely, we can sprinkle it powdered sugar dough

Source: property rights of Stowarzyszenie Nowiny

