DID YOU KNOW?

NOVEMBER IS CRANBERRY MONTH

FACT #1

Cranberries contain antioxidants and vitamin C, which help protect our bodies from sickness.

FACT #2

Typically, cranberry vines last over 20 years with some exceeding 100 years.

FACT #3

A few fruits are native to North America including blueberries, Concord grapes and cranberries!

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 –1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

APPLE CRANBERRY COLESLAW

Number of Servings: 6 • Serving Size: ½ cup

INGREDIENTS:

- 1.75 CUPS OF SHREDDED CABBAGE
- 5.75 OZ OF RED DELICIOUS APPLES
- ¼ CUP OF DRIED CRANBERRIES
- ⅛ CUP OF HONEY
- ⅛ CUP OF APPLE CIDER VINEGAR
- ⅛ CUP OF OLIVE OIL
- 1 TBSP OF LEMON JUICE

DIRECTIONS:

CHOP THE APPLES (SKIN ON) INTO THIN STRIPS. IN A LARGE BOWL COMBINE THE CABBAGE, APPLES, AND CRANBERRIES.

IN A MEDIUM BOWL WHISK TOGETHER THE HONEY, VINEGAR, OLIVE OIL, AND LEMON JUICE UNTIL EMULSIFIED INTO A DRESSING.