

good4u cranberry recipes

Cranberry Upside Down Muffins

Ingredients

2 ½ cup blanched NGVC almond flour
1 ½ teaspoons baking soda
1 ½ teaspoons ground cinnamon
1 teaspoon ground allspice
½ teaspoon salt
3 eggs
½ cup ghee
¾ cup Natural Grocers raw honey,
divided
1 ½ cups fresh or 10-oz. frozen
cranberries
1 tablespoon freshly minced orange
zest
1 tablespoon freshly minced lemon
zest
Grass fed butter

Instructions

1. Preheat oven to 350°F and grease your muffin tin.
2. In one bowl, combine dry ingredients: flour, baking soda, cinnamon, allspice, and salt
3. In a separate bowl combine eggs, ghee/oil, and 1/2 cup of the honey. Mix well.
4. Combine both the wet and dry ingredients and set aside.
5. Toss cranberries with orange zest, lemon zest and 1/4 cup of honey.
6. Put a pat of butter into the bottom of each muffin cup.
7. Spoon a single layer of cranberry mixture at the bottom of each muffin cup on top of the butter.
8. Top with an even layer of muffin batter.
9. Place pan into oven for 20-25 minutes or until tops are golden brown and fully cooked.
10. Pull out of oven and let rest for 5-10 minutes.
11. While resting, run a knife around each muffin perimeter to loosen from the muffin pan.
12. Turn muffin pan upside down onto a surface as large as the muffin tin.
13. While the tin is still upside down, use a fork, if needed, to gently coax the muffins out.
14. Transfer to a serving plate and enjoy!

Sparkling Cran-Orange Mocktail

Ingredients

Ice
1 orange, sliced thin in rounds, for
garnish
Frozen cranberries, for garnish
1 cup orange juice
1 ½ cups Knudsen Sparkling
Cranberry Juice
1 ½ cups cranberry Kombucha
beverage
2 cups Sparkling water

Instructions

1. Fill a serving pitcher half way with ice, add several orange rounds, and approximately ¼ cup of frozen cranberries (for garnish).
2. Add the orange juice, sparkling cranberry juice, the cranberry kombucha, and the sparkling water.
3. Serve in cocktail glasses or wine glasses (add extra ice and garnish to individual glasses if desired).

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