

ALL ABOUT CRANBERRIES

Cranberries have long been considered one of the most versatile fruits available due to the unique flavour and powerful health promoting properties, making them an ideal ingredient in a wide range of recipes. Each cranberry has a unique tart and tangy flavour. The cranberry is also a perfect complement and substitute to many popular dishes, from appetisers and breads to desserts and drinks.

Bold, versatile and healthy – Cranberry Facts:

- Cranberries have powerful bacteria blocking properties that may help prevent urinary tract infections (UTI's), some stomach ulcers and even gum disease.
- Cranberries have a unique flavour and versatility that make them easy to enjoy throughout the year in Australia.
- Cranberries are available in a variety of forms including dried cranberries, frozen cranberries, cranberry powder, and cranberry juices & sauces. With such an assortment of cranberry products available, it's easy to achieve the health benefits of cranberries daily.
- Cranberries are easy to incorporate into your diet:
 - Eat dried cranberries as a healthy snack
 - Add them to salads for extra flavour
 - Add cranberry juice to your favourite fruit smoothie
 - Substitute dried cranberries in baked goods recipes that call for sultanas, blueberries, raspberries or strawberries for an extra flavour burst
- Next time you're shopping check out cranberries in the freezer, juice, cereal, baked goods and vitamin section of the supermarket.
- 88% of the world's cranberries are grown in the United States of America.

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