



ROGUE VALLEY FARM TO SCHOOL

Harvest of the Month

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HEALTHY DRIED CRANBERRIES

MAKES: 1 CUP

INGREDIENTS:

- 12 ounces fresh cranberries
- 8 cups boiling water
- 1/4 cup honey

DIRECTIONS:

1. Rinse the cranberries with fresh water.
2. Submerge the cranberries in a pot of boiling water **WITH THE HEAT TURNED OFF**. Let them sit in the hot water until the skins pop.
3. Drain the berries and heat the honey in a saucepan until warm. Toss the cranberries in the honey and transfer them to a cookie sheet lined with parchment paper.
4. Place the cookie sheet in the freezer for at least 2 hours, until the cranberries are completely frozen.
5. If you have a dehydrator, place the berries in it for about 16 hours, until they are dry and chewy. If you don't have a dehydrator, place them in an oven at 150 degrees F for 6-8 hours.
6. Store them in an airtight container.

