



## **Food Trend: No Added Sugar**

### **Winterberry Blitz in a Bowl**

- 1 (16 ounce) package frozen unsweetened triple berry fruit blend
- 2 cups natural cran-raspberry juice
- 1 cup red Sangria or favorite fruit wine
- 1 sweet apple, cored, cut into 4 pieces
- 1 (16 ounce) container fresh strawberries, stems removed, chopped
- 1 teaspoon vanilla
- 1 teaspoon almond extract
- 1/2 cup dried cherries or cherry flavored cranberries
- 2 cups red seedless grapes, whole or halved

Lightly rinse frozen berries; place 2 cups in large saucepan; set aside remaining larger berries.

Add cranberry raspberry juice and wine to berries in large saucepan. Place quartered apples, flesh side down in juice. Stir in 1/2 cup chopped fresh strawberries. Place remaining chopped strawberries into a large bowl.

Cook juice mixture over medium high heat, bring to a boil; reduce heat to medium; cook for 10 to 12 minutes. Remove apple pieces when tender but yet crisp to cutting board to cool. Continue cooking berry juices for about 10 minutes. Remove from heat; add vanilla and almond extract. Set juice aside to cool.

Meanwhile chop apples into bitesize chunks; place in large bowl with chopped strawberries. Stir in dried cherries or cranberries. Add grapes and reserved frozen berries.

Pour fruit juice through fine strainer to remove excess seeds. Pour over chopped fruit in bowl; lightly stir to combine. Cover bowl; chill in refrigerator overnight to blend flavors.  
Yield: about 6 to 7 cups

**Cook's Note:** You can use any of your favorite fruits in this recipe.

**About the Recipe:** When you prepare the fruit juice, the naturally sweet frozen berries easily release their juice, and the alcohol in the mixed fruit wine disappears, providing a multitude of fruit flavors in the juice. Straining the juice removes many of the berry seeds. Adding the fresh strawberries and grapes add that "fresh from the vine" taste. Serve this for breakfast or save it for your dinner dessert. You can just imagine all the antioxidants in this combination! Wow!