



Very Berry Winter Fresh Fruit Cocktail *Antioxidant Rich with Super Fruits and Berries*

3 cups cranberry pomegranate no sugar 100% juice
2 red apples, quartered, cored
1/2 cup cherry dried cranberries
1 teaspoon vanilla extract
1 teaspoon almond extract
1 (16 ounce) bag frozen triple berry blend
2 cups seedless red grapes, halved

Place cranberry juice, red quartered apples, and cranberries in large pot. Bring to a boil; reduce heat to medium; cook turning apples twice, for 12 to 15 minutes or apples are al dente, soft but a little crisp. Remove apples from juice to cutting board. Let cool; cut into small chunks. Remove juice from heat; stir in vanilla and almond extract; set aside to cool.

In a very large bowl; place frozen berries, grapes, and apple chunks. Pour part of juice over fruit; toss lightly to mix. Gradually add remaining juice to almost cover fruit; tossing fruit lightly in juice. Cover bowl with plastic wrap; place in refrigerator to chill or until serving.

Yield: about 3 cups juice; 8 cups fruit pieces

Serving:

For breakfast: Serve fruit and a little juice for a healthy start for your day.

For a dinner dessert: Serve fruit and a little juice in small bowl; top with a dollop of plain or vanilla yogurt; sprinkle top with some of your favorite mixed nuts.

Cook's Note: Using the frozen berry mixture makes this recipe really easy to make. In the summer, we substitute mixed fresh berries in place of the frozen ones. Our market always has fresh apples and grapes. If these aren't available, add your favorite combination. You can also use vanilla beans instead of the extract but these are usually quite expensive.

About the Recipe: What a fantastic way to start your day! The berry rich fruit is filled with antioxidants and perfect to serve as a special start for your day or use it as a dessert with that evening supper. The antioxidants will protect your body from damage caused by those harmful radicals and keep you healthy.