



APPLE-CHERRY JUICE, UNSWEETENED, BOTTLE

Date: October 2016

Code: 100894

PRODUCT DESCRIPTION

- Bottled unsweetened apple-cherry juice is 100% juice with no artificial colors, flavors, or added sugar or sweeteners.
- Apple-cherry juice has added ascorbic acid (vitamin C).

PACK/YIELD

- Apple-cherry juice is packed in 64 ounce plastic bottles, which is about 16 servings ($\frac{1}{2}$ cup each).

STORAGE

- Store unopened plastic bottles in a cool, clean, dry location.
- Look at the date indicated on the bottle before use.
- Store remaining juice in a tightly covered container and refrigerate.
- Refrigerate remaining opened juice in a tightly covered container.

USES AND TIPS

- Apple-cherry juice can be served as a beverage, chilled on its own or used as a base for punch.
- Mix $\frac{1}{2}$ cup juice with $\frac{1}{2}$ cup seltzer or sparkling water to make a sweet fruity beverage.
- Mix apple-cherry juice with yogurt, fruit, and ice for an easy smoothie.

NUTRITION INFORMATION

- For a 2,000-calorie diet, the daily recommendation is about 2 cups.
- $\frac{1}{2}$ cup of apple-cherry juice is equal to $\frac{1}{2}$ cup in the MyPlate.gov Fruit Group
- $\frac{1}{2}$ cup of apple-cherry juice provides 50% of the recommended daily amount of vitamin C.

FOOD SAFETY INFORMATION

- If the bottle is leaking or the ends are bulging, **throw it away**.
- If the juice has a bad odor, or liquid spurts out when it is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- <https://www.whatscooking.fns.usda.gov/>
- www.choosemyplate.gov

NUTRITION FACTS

Serving size: $\frac{1}{2}$ cup (4oz) apple-cherry juice, unsweetened

Amount Per Serving

Calories	60	Calories from Fat	0
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% Daily Value*

Total Fat 0g			0%
Saturated Fat 0g			0%
<i>Trans Fat</i> 0g			
Cholesterol 0mg			0%
Sodium 5mg			0%
Total Carbohydrate 16g			5%
Dietary Fiber 0g			0%
Sugars 16g			
Protein 0g			
Vitamin A 0%		Vitamin C 50%	
Calcium 1%		Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet.

APPLE-CHERRY CINNAMON OATMEAL

MAKES 2 SERVINGS

Ingredients

- 1 cup water
- ¼ cup apple-cherry juice
- 1 small apple, peeled, core and seeds removed, and chopped
- ⅔ cup old fashioned oatmeal
- 1 teaspoon ground cinnamon (if you have it)
- 1 cup 1% low-fat milk

Directions

1. Combine water, apple-cherry juice, and apple in a small saucepan.
2. Bring to a boil over high heat; stir in the oatmeal and cinnamon.
3. Return to a boil, then reduce heat to low and cook until thick, about 2 minutes.
4. Spoon oatmeal into 2 bowls. Pour ½ cup milk over each serving.

Nutrition Information for 1 serving of Apple-Cherry Cinnamon Oatmeal							
Calories	190	Cholesterol	5 mg	Sugar	15 g	Vitamin C	20 mg
Calories from Fat	30	Sodium	60 mg	Protein	9 g	Calcium	170 mg
Total Fat	3 g	Total Carbohydrate	35 g	Vitamin A	70 RAE	Iron	1 mg
Saturated Fat	1 g	Dietary Fiber	4 g				

Recipe adapted from SNAP-ED Connection Recipe Finder

HOT APPLE-CHERRY CIDER

MAKES 8 SERVINGS

Ingredients

- 8 cups apple-cherry juice
- ¼ cup sugar
- ½ teaspoon cinnamon (if you have it)
- ½ orange, sliced

Directions

1. Combine all ingredients in a medium saucepan.
2. Bring to a boil, reduce the heat, and cook for 5-10 minutes.
3. Remove from heat. Serve hot.

Nutrition Information for 1 serving of Hot Apple-Cherry Cider							
Calories	130	Cholesterol	0 mg	Sugar	29 g	Vitamin C	150 mg
Calories from Fat	5	Sodium	10 mg	Protein	0 g	Calcium	20 mg
Total Fat	1 g	Total Carbohydrate	32 g	Vitamin A	0 RAE	Iron	2 mg
Saturated Fat	0 g	Dietary Fiber	1 g				

Recipe adapted from The Michigan Apple Committee.