



Give fall dishes zing with cranberries

Go beyond the sauce and discover all this fruit can do!

Cranberries add bright flavor to any dish—which is why they're such a staple of autumn cooking. They're also chock-full of vitamin C and other antioxidants, so toss them liberally into meals and snacks a



Try these berry goodies

Add fruity flavor to meals and snacks.

* Wake up to a healthy breakfast with this whole-grain cereal.



Total Cranberry Crunch cereal, \$4 for 15 oz.; at supermarkets.

* Sip this refreshing, not-too-sweet soda, made with juices.

Gus Dry Cranberry-Lime soda, \$6 for 4 12-oz. bottles; at specialty grocery stores.



* Munch some of this wholesome trail mix in Cranberry and Chocolate or Cranberry, Fruit and Nuts flavors.

Craisins trail mix, \$3 for 6 oz.; at supermarkets.



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* Sip this refreshing, not-too-sweet soda, made with juices.

Gus Dry Cranberry-Lime soda, \$6 for 4 12-oz. bottles; at specialty grocery stores.



Or sprinkle on cereal instead of raisins.

◀ **Juice:** Perfect on its own, mixed with seltzer or in cocktails. Look for 100-percent juice instead of sugary "juice drinks."

◀ **Sauce:** This holiday classic can also be used in glazes for ham, chicken and pork.

cinnamon and 1 cup chopped walnuts. Add 8 Tbsp. melted unsalted butter; stir until moistened and clumpy. Set aside.

2 **Make muffins:** Mix 2 cups all-purpose flour, 2 tsp. baking powder and ½ tsp. salt. With an electric mixer on medium-high

minim cups, sprinkle topping over muffins, pressing lightly. Bake for 35 minutes, or until golden. Let cool in pan on a wire rack for 10 minutes, then remove from pan to rack.

PER SERVING: 454 Cal., 23g Fat (6g Sat.), 53mg Chol., 2g Fiber, 6g Pro., 56g Carb., 452mg Sod.

Pucker up!

Protect your pout with this lip-smacking 72-percent-organic lip balm, with SPF 15.

Kiss My Face cranberry-orange lip balm, \$4 for .15 oz.; kissmyface.com



QUICK TIP

Cranberries will keep in the refrigerator for a month and in the freezer for up to a year. Stock up if you see a sale.

FAR LEFT: FROM TOP: BRAND; X-PICTURES/JUPITERIMAGES, FOODPIX/JUPITERIMAGES, DORLING KINDERSLEY RF/GETTY IMAGES, FOODPIX/JUPITERIMAGES, FABFOODPIX/JUPITERIMAGES, CENTER: CHARLES SCHILLER, FOOD STYLING: LYNN MILLER