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Cranberry-Apple Warmer ♦♦

The Cranberry-Apple Warmer is a delicious and comforting drink perfect for cold winter days. It combines the tartness of cranberries with the sweetness of apples, creating a warm and flavorful beverage. This recipe is not vegan or vegetarian.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

200 g	Cranberries
300 g	Apples
1000 ml	water
100 g	sugar
2 tsp	Cinnamon

Directions

Step 1

Stove

In a saucepan, combine cranberries, apples, water, sugar, and cinnamon.

Prep Time: 5 mins

Cook Time: 15 mins

Step 2

Stove

Bring the mixture to a boil and then reduce heat to simmer for 10 minutes.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Remove from heat and let cool slightly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Blending

Using an immersion blender or a regular blender, blend the mixture until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Serve warm and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 26 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	26 g	47.27%	52%
Fibers	3 g	7.89%	12%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	5 mg	0.22%	0.22%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	100 mg	2.94%	3.85%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Winter Fall

Events

Christmas

Thanksgiving

New Year

Picnic

Meal Type

Breakfast

Lunch

Snack

Supper

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

Low Sodium

High Calcium

Course

Appetizers

Desserts

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Christmas

Difficulty Level

Easy

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