

## Our Story

Honestly Cranberry® is our brand of unsweetened dried cranberries with no added sugars, juices, or oils.

These cranberries were grown on our family farm in Wisconsin that has been commercially producing cranberries since 1873.

Honestly Cranberry was started in 2014 with a “Cran Do® attitude.”

As cranberry growers, we wanted to share the true tart taste and natural goodness of cranberry year round.

We considered taste, texture, and all that is cranberry in our drying process.

Honestly Cranberry uses a proprietary process to slice and dry its cranberries, leaving in the natural goodness without adding anything.

These unsweetened dried cranberries are ready to use as an addition to your favorite recipe, or to enjoy right out of the bag as a ‘good-for-you’ snack.

Ingredients: Cranberries

## From Our Family To Yours...



# Honestly Cranberry®

UNSWEETENED  
DRIED CRANBERRIES

No added sugars, juices, or oils.  
Delivering the true tart taste  
and natural goodness of  
cranberry year round.

From Bogs To Bags...



Honestly Cranberry LLC  
7351 Integrity Way  
Wisconsin Rapids, WI 54494  
Phone: 715-424-REAL (7325)  
Website: [www.honestlycranberry.com](http://www.honestlycranberry.com)  
Email: [info@honestlycranberry.com](mailto:info@honestlycranberry.com)





## What are the health benefits of cranberries?

Cranberries prevent bacteria from adhering to mucous tissues. If you want to consume cranberries for the health benefits, make sure to get the purest form of cranberries possible. Fresh cranberries are honestly your best option. Honestly Cranberry's dried cranberries are a close second, since our only ingredient is cranberries!

Make sure to read your labels when choosing which cranberry products are right for you. Hidden sugars/juices and oils are everywhere.

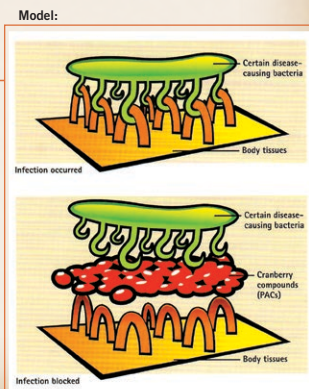
Nutrition Facts				
¼ cup comparison				
	Calories	Potassium	Dietary Fiber	Sugars
Fresh	12	20 mg	1 g	1 g
HC	45	80 mg	3 g	3 g
SDC	123	20 mg	2 g	29 g

HC = Honestly Cranberry® Unsweetened Dried Cranberries  
SDC = Sweetened Dried Cranberries

The unique anti-adhesion effect of Proanthocyanidins (PACs) with A-type linkages are only found in cranberries. The benefits of PACs with A-type linkages include: contain phytonutrients; provide protection against urinary tract infections (UTI); anti-inflammatory, digestive tract, and cardiovascular benefits; antioxidant protection and immune support.

### The anti-adhesion effect

Imagine the two sides of a hook and loop tape like you find on velcro. If a sheet of paper is placed between the two, the hooks on one side cannot touch the loops on the other side. This prevents adhesion and the fastener cannot close. The cranberry's anti-adhesion effect is based on this same principle.



Source: [www.cranberryinstitute.org](http://www.cranberryinstitute.org)

## How do you cook with Honestly Cranberry?

Use Honestly Cranberry's dried cranberries as you would sweetened dried cranberries or fresh cranberries. Experiment with your favorite cookies, salads, brownies, dips, oatmeal, sauces, breads, pancakes, seafood, burgers, & vegetables.

**Pro-tip:** Soak Honestly Cranberry in orange juice before putting them in a cranberry bread or muffin or let them soak in salad dressing for a few minutes before adding to the greens. Cranberries compliment many different flavors and recipes. Most of all, have fun!

## Do dried cranberries re-hydrate?

It is not necessary to re-hydrate them, but yes, our unsweetened cranberries do. The fastest way to re-hydrate, is to soak them in hot water and let them steep for a few minutes. This makes for a nice "cranberry tea" too!

## What is the shelf life of Honestly Cranberry?

### And what are surface sugars?

Our 'best if used by' sticker is about a year, but the product lasts much longer. We started drying cranberries in 2015 and have intentionally kept product to test periodically. It definitely dries out over time, actually making it more shelf stable, and some product may develop surface sugars. Surface sugars are just that – we don't add or change anything about the process; similar to a chocolate bloom, or other dried fruits without oil. Sometimes it happens, and we cannot repeat it. Those who have tried them say it tastes like a sweet tart!

## How are Honestly Cranberry's dried cranberries different than sweetened dried cranberries?

There are differences in volume, serving size, health benefit, and flavor...

1 pound of Honestly Cranberry = about 12 cups  
1 pound of sweetened dried cranberries = about 3 cups

Serving size of Honestly Cranberry = 6 grams  
Serving size of sweetened dried cranberries = 40 grams

To receive the health benefit of cranberries, it takes 2.8 grams (9 calories) of Honestly Cranberry or 72 grams (234 calories) of sweetened dried cranberries

HONESTLY CRANBERRY  
UNSWEETENED DRIED CRANBERRIES  
2.8 grams  
(9 calories)



SWEETENED DRIED CRANBERRIES  
72 grams  
(234 calories)



## What do Honestly Cranberry's dried cranberries taste like?

They're tart! Honestly Cranberry delivers the True Tart Taste® and natural goodness of cranberry adding a zip to your favorite recipes without additional sugars.

♥ Heart The Tart™!

One Ingredient - Clean Label  
Paleo and Keto Friendly