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Description

Tart, vibrant, and bursting with refreshing citrus notes, this Homemade Canned Cranberry Juice brings a bright, antioxidant-rich flavor straight to your glass. Featuring a crisp, clean texture and a pleasantly tangy finish, it is a revitalizing beverage that makes staying hydrated effortless. Whether you are looking for a low-carb drink to pair with your meals or a refreshing boost to support your daily wellness routine, this simple recipe delivers maximum flavor with minimal effort.

Can This Canned Cranberry Juice Support Weight Loss Goals?

Yes, this Canned Cranberry Juice supports weight loss plans by providing a flavorful, low-calorie beverage option that satisfies cravings without adding excess sugars. Staying hydrated with tart fruit drinks can help curb unnecessary between-meal snacking by keeping you feeling full and refreshed. Because this recipe uses natural whole ingredients without heavy added sweeteners, it fits easily into a calorie-conscious routine.

Does Canned Cranberry Juice Fit a High-Protein Lifestyle?

While cranberry juice itself is naturally a fruit beverage rather than a primary protein source, it serves as an excellent refreshing side to high-protein meals. By keeping net carbs minimal through smart sweetening choices, it complements low-carb and keto diet plans without disrupting your daily macro targets. It pairs wonderfully with your favorite protein shakes or post-workout meals to keep your hydration on track.

My Personal Experience

- Refreshing Daily Hydration Boost: Keeping a jar of this vibrant juice in the fridge makes it easy to enjoy a tart, revitalizing drink whenever thirst strikes.

- Customizable Sweetness Levels: Making it at home allows me to control the sweetness perfectly, avoiding the heavy sugars found in store-bought cartons.

Perfect For:

This drink is ideal as a refreshing beverage alongside high-protein breakfasts, post-workout recovery snacks, or as a flavorful option for keto diet plans and low-carb meal prep.

Why You’ll Love This Recipe:

- Bright and Tart Flavor Profile: Fresh cranberries offer a zesty, clean taste that awakens your palate and refreshes your senses instantly.

- Low-Carb and Sugar-Conscious: Using natural sugar alternatives keeps the net carbs low, making it friendly for keto and low-carb lifestyles.

- Simple Canning Process: The straightforward preparation and canning method allows you to stock your pantry with healthy homemade beverages.

- Versatile Refreshment: Enjoy it chilled straight from the jar or dilute it with sparkling water for a fizzy, low-calorie mocktail.

Common Mistakes to Avoid:

1. Overboiling the Berries: Boiling the cranberries for too long can create an overly bitter taste instead of a bright, pleasant tartness.

2. Skipping the Strainer Step: Failing to strain the mixture thoroughly leaves pulp and skins behind, ruining the smooth texture of the juice.

3. Using Improper Canning Seals: Not checking or properly heating jar lids can prevent a secure vacuum seal, reducing the shelf life of your canned juice.

Required Equipment:

- Large Saucepan: Evenly distributes heat to simmer and release the natural juices from the cranberries.

- Fine Mesh Strainer or Cheesecloth: Smoothly separates the liquid juice from the leftover pulp and skins.

- Mason Jars with Lids: Provides airtight storage ideal for both refrigerator keeping and home canning.

- Wooden Spoon: Safely stirs the simmering mixture without scratching your cookware.

Storage Instructions:

Store unopened canned jars in a cool, dark pantry for up to 3 months. Once opened, or for fresh batches, store in an airtight glass container in the refrigerator for up to 7 days. This beverage maintains its crisp, refreshing quality while remaining friendly to your healthy lifestyle goals.

Recipe Details

- Preparation Time: 10 minutes

- Cooking Time: 15 minutes
- Total Time: 25 minutes
- Servings: 6
- Best Season for This Recipe: All-Season
- Total Calories (Per Serving): ~35 kcal (approximate estimate)

Enjoy this vibrant and tart cranberry drink chilled for a refreshing, revitalizing boost any time of day. Whole ingredients blended with water and light sweeteners deliver optimal flavor and hydration.

 Ingredients:

- 4 cups Fresh Cranberries (rinsed and sorted)
- 6 cups Water (divided)
- 1/3 cup Erythritol or Monk Fruit Sweetener (*Note: adjust to taste for low-carb sweetness*)
- 1 tbsp Lemon Juice (adds a bright citrus balance)
- 1 tsp Orange Zest (optional, for aromatic depth)

Directions:

1. Combine Ingredients: In a large saucepan, combine 4 cups of fresh cranberries, 4 cups of water, and the orange zest.
2. Simmer and Burst: Place the saucepan over medium-high heat and bring the liquid to a gentle boil; reduce heat to medium-low and simmer for 10–12 minutes until all the cranberries burst open (*Note: watch for skins splitting and releasing their natural juices*).

3. Strain the Juice: Remove the pan from heat and carefully pour the mixture through a fine-mesh strainer or cheesecloth placed over a large bowl, pressing gently with a spoon to extract all the liquid (*Note: do not push too hard or pulp will pass through*).

4. Sweeten and Cool: Stir the sweetener, lemon juice, and remaining 2 cups of water into the strained juice until the sweetener dissolves completely; let cool to room temperature.

5. Bottle and Chill: Pour the finished juice into sterilized glass jars or bottles, seal tightly, and place in the refrigerator to chill for at least 2 hours before serving.

Nutrition Facts (Per Serving – Approximate):

- Calories: 35 kcal
- Fats: 0 g
- Cholesterol: 0 mg
- Sodium: 5 mg
- Potassium: 65 mg
- Total Carbohydrates: 8 g
- Fiber: 2 g
- Net Carbs: 6 g
- Sugars: 4 g
- Protein: 0 g
- Calcium: 10 mg

Notes:

- Storage & Reheating: Keep refrigerated in airtight glass jars for up to 7 days; serve chilled over ice.
- Allergy Notes: Naturally gluten-free, dairy-free, and vegan-friendly.
- Flavor Boosts: Add a small sprig of fresh rosemary or a cinnamon stick while simmering for a comforting seasonal twist.