



# The Juice

## What's new



**NEW Craisins Trail Mix now available.**

The great taste of Ocean Spray's popular Craisins® sweetened dried cranberries combined with a delicious mix of honey-roasted peanuts, cashews & dried fruit to create the new Craisins® Fruit & Nut Trail Mix.

## Enjoy



**Light Spring recipe:  
Witlof, Apple &  
Walnut Salad with  
Cranberry Vinaigrette**

Combines the crunchy fresh taste of Witlof and apple with nourishing nuts and a tangy Ocean Spray cranberry dressing.

## WIN



Tell us your favourite Ocean Spray product and why in 25 words or less and WIN one of 20 signed copies of Donna Hay's current cookbook 'No Time to Cook' and an Ocean Spray prize pack.

## Did you know?



Cranberries help prevent Cystitis and are known to contain antioxidants and powerful nutrients which help cleanse and purify the body.

Click here to download Ocean Spray's Cystitis brochure to find out more.