

A Dozen Delicious Ways to Enjoy Cherries Year-Round

One great thing about tart cherries – besides their potent antioxidant punch – is that you can enjoy them throughout the year. Unlike their fresh cousins that show up only during the summer, tart cherries are available every month of the year. Here are a dozen ways you can include this new “superfruit” in your daily routine. Find more ideas at www.choosecherries.com.

1. **Grab and Go** – Get your antioxidants on-the-go with an easy “do-it-yourself” trail mix using dried cherries, almonds and whole-grain cereal. Or add dried cherries to ready-made granola.
2. **Brighten up Breakfast** – Swap your typical berries for dried cherries and add them to your cereal, oatmeal, yogurt or pancakes. Just ½ cup of dried tart cherries gives you one whole serving of fruit!
3. **Make Salads Sensational** – Add dried cherries to tossed salads, fruit salads and chicken salads for added taste and nutrition.
4. **Switch from Blue to Red** – Make a change from your standard blueberry muffin recipe and use dried or frozen cherries instead. Visit www.choosecherries.com for delicious cherry muffin recipes.
5. **Straight from the Bag** – Keep a stash of dried cherries on hand for an antioxidant-rich snack break. Buy single-serve packages or portion out those bought in bulk to keep in your purse, desk or gym bag.
6. **C is for Cookie...and Cherries** – Enjoy a new twist on the standard oatmeal raisin cookie by using dried cherries instead of raisins.
7. **Greater Grains** – Add dried cherries to couscous, rice pilaf, grits, risotto and pasta.
8. **Be Smooth** – Blend frozen cherries with cherry juice concentrate and low-fat yogurt. Add a straw and you have a sensational smoothie for breakfast or a snack.
9. **A Perfect Parfait** – Keep a bag of frozen cherries in the freezer and grab a handful when hunger strikes. Thaw them for a few minutes and then layer with low-fat vanilla yogurt and granola.
10. **Fruit Fizz** – Make a refreshing cherry spritzer by adding cherry juice concentrate to ice cold seltzer water – a refreshing treat on a hot summer day.
11. **Mix it Up** – Look for cherry juice blends, like cranberry cherry juice, or cherry apple juice. Or, make your own blend and combine ready-to-drink 100% cherry juice with another juice favourite.
12. **Juice on the Run** – Grab a single-serve bottle of 100% cherry juice or fill a water bottle with diluted cherry juice concentrate as you head out to the gym. Some research suggests cherry juice may help reduce exercise-related joint pain!

Visit www.choosecherries.com for more cherry tips and recipes.