



**Cherries**

Not just another berry.

---

## “America’s Super Fruit” Recipe Ideas and Tips

As “America’s Super Fruit,” tart cherries deliver homegrown antioxidants year-round in dried, frozen and juice forms. They contain powerful antioxidants called anthocyanins which provide their bright, rich red color and are linked to reducing risk factors for heart disease and fighting inflammation.

Cherries can be enjoyed every day in a variety of ways – as an easy swap for raisins in a trail mix, to a refreshing post-workout drink, to a sweet-tart addition in a savory dinner entrée.

Here are some great ideas for incorporating “America’s Super Fruit” into a heart-healthy lifestyle.

- 1.) **Warm-Up with RED** – Cherries aren’t just a great topper for oatmeal. Try cherries in savory dishes, like chili, to warm-up the winter.
- 2.) **Ring in the Holidays with RED** – Spice up your traditional holiday fare and add dried cherries for a burst of flavor and color. Try our recipe for Cherry Butternut Squash as a new take on the long-established side.
- 3.) **Cheers to Cherries** – Add cherry juice to sparkling champagne for a festive twist on the traditional toast.
- 4.) **Recharge with Red** – Give yourself an antioxidant boost by adding dried cherries to your favorite better-for-you cookie or snack bar recipe for an anytime pick-me-up.
- 5.) **Super Fruit Shake-Up** – Combine frozen cherries with low fat yogurt and other fruits, such as blueberries and raspberries, for a simple and delicious smoothie that delivers an antioxidant powerhouse of flavor.
- 6.) **Crunch it with Cherries** – Before heading out to the gym, grab a single-serve bottle of cherry juice and combine with water. Research suggests cherry juice may help reduce exercise-related joint pain.
- 7.) **Make a Super Swap** – Enjoy a new twist on traditional favorite by using dried cherries instead of cranberries or raisins for any recipe.
- 8.) **New “Red Hot” Recipes** – Try one of nutritionist Ellie Krieger’s favorite new recipes. Wake up to a Breakfast Quinoa with Cherries, Walnuts and Honey or get an afternoon pick-me-up with the Cherry Pecan Energy Bar.

Find more ideas and recipes at [www.choosecherries.com](http://www.choosecherries.com).