



Cherries
Not just another berry.

Choose Cherries Every Day

Tart cherries are one of today's "red hot" Super Fruits. They're high in antioxidants which are linked to many health benefits. But what most people don't realize is that you can enjoy cherries ALL YEAR LONG! Cherries are available year-round in dried, frozen and juice (or juice concentrate) forms. Plus, dried cherries are certified by the American Heart Association Food Certification Program (the "heart-check mark").

Here are some great ideas for incorporating this "Super Fruit" into a heart-healthy lifestyle. Find more ideas and recipes at www.choosecherries.com.

1. ***Go RED...on the Go*** – Create your own antioxidant-rich trail mix using dried cherries, nuts and seeds. Add in dark chocolate for that extra indulgence (and antioxidant boost). Pack it in your purse or briefcase for a mid-day or post-workout snack.
2. ***Make a Super Salad*** – Give your favorite tossed salads, fruit salads and chicken salads a "Super Fruit" boost by topping them with dried cherries or even drizzling homemade vinaigrette made with cherry juice for added taste and nutrition. Try our Cherry Spinach Salad recipe for that added punch of RED to your greens.
3. ***Pack Some (Red) Punch in Your Pancakes*** – Dried cherries are a great heart-healthy addition to your favorite pancake or breakfast bread batter. Top with a warmed "Super Fruit" salsa of dried cherries, cranberries and blueberries for an added antioxidant boost.
4. ***Drink RED*** – 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. Research suggests cherry juice may help reduce exercise-related joint pain!
5. ***Make it a Red Hot Morning*** – Use dried cherries on your cereal, oatmeal, yogurt or pancakes. One half cup of dried cherries equals one whole serving of fruit!
6. ***Create A Perfectly Red Parfait*** – Keep a bag of frozen cherries in the freezer and thaw them for a few minutes to combine with low fat vanilla yogurt, and granola for a tasty parfait.
7. ***Dish Up Cherry Delicious Desserts*** – Add "Super Fruit" flair to classic desserts with dried cherries. Stir dried cherries into quick bread, brownie and cake-like bar batters for a tart and colorful surprise.
8. ***Be Smooth*** – Another way to re-boost after a workout is by blending 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. ***Get Caught Red-Handed*** – 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.
10. ***C is for Cookie... and Cherries*** – Enjoy a new twist on the standard oatmeal raisin cookie by using dried cherries instead of raisins.

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