



# Healthy Ways to Eat Frozen Cherries



1. Mix into cooked oatmeal with a pinch of cinnamon for a filling, delicious breakfast.
2. Make a healthy parfait by layering low fat yogurt, cherries & granola.
3. Use as a topping for pancakes & waffles.
4. For a sweet addition to your savory salad, try adding thawed cherries to the mix.

## 5. Make Cherry Banana Overnight Oats

**Ingredients:** (for one serving)

½ cup oats	2 tablespoons maple syrup
½ cup low fat milk	¼ teaspoon cinnamon
1 small banana, peeled & chopped	½ cup cherries (fresh or frozen)
¼ teaspoon vanilla extract	pinch of salt

**Directions:**

1. Mix together all the ingredients in a jar or bowl. Place in the refrigerator overnight.
2. In the morning, give it a stir and enjoy cold or heat it up for 1-2 minutes in the microwave!

## 6. Make Cherry Muffins for a heart-healthy breakfast or snack!

**Ingredients:**

2 ¼ cups whole wheat flour	½ teaspoon baking soda
1 cup brown sugar	1 cup cherries (fresh or frozen)
½ teaspoon cinnamon	1 teaspoon vanilla extract
¾ teaspoon salt	1 ½ cups buttermilk or plain yogurt
1 teaspoon baking powder	1/3 cup vegetable oil

**Directions:**

1. Preheat oven to 400 F. Lightly grease the 12 cups of a standard muffin tin or use cupcake liners.
2. Whisk together all of the dry ingredients, including cherries.
3. In a separate bowl, whisk together the vanilla, buttermilk/yogurt and vegetable oil.
4. Pour the liquid ingredients into the dry ingredients and stir to combine.
5. Spoon the batter into the prepared muffin cups, filling almost to the top.
6. Bake the muffins for 18-20 minutes, or until toothpick inserted comes out clean.

## 7. Make Cherry Spinach Smoothie for a refreshing sweet treat, packed with vitamins!

**Ingredients:**

1 banana	1 cup milk (your choice)
1 cup frozen cherries	3 ice cubes
1 handful of spinach	

**Directions:**

1. Place all ingredients into a blender, preferably adding the liquid first.
2. Blend until smooth!
3. Feel free to get creative by adding other fruit like pineapple, peaches or blueberries!

## 8. Make Maple Roasted Sweet Potatoes with Cherries. \* A delicious side dish or main course!

### Ingredients:

1 Tablespoon oil	1 Tablespoon butter or canola oil
2 large sweet potatoes, diced in 1" pieces	1 ½ tablespoons maple syrup or brown sugar
½ cup thawed cherries, drained	¼ teaspoon black pepper
¼ teaspoon salt	¼ cup walnuts (optional)
½ teaspoon dried sage or cinnamon (optional)	

### Directions:

1. Preheat oven to 375° F.
2. In a large bowl, add potatoes. Toss with oil, salt, pepper and sage/cinnamon (if using).
3. Spread evenly on a baking sheet. Roast, stirring once, until fork tender, 30-35 minutes.
4. In a small skillet over medium heat, melt butter or heat oil. Add walnuts and cook, stirring constantly, until fragrant, about 2 minutes. Remove from heat. Stir in cherries and maple syrup.
5. Gently toss cooked potatoes with cherry mixture and serve warm.

## 9. Make Brown Rice & Cherry Salad. \* Store in the refrigerator and eat throughout the week!

### Ingredients:

2 cups cooked brown rice	2 Tablespoons cherry juice (from the can)
1 cup thawed cherries, save the juices	1 Tablespoon oil
¼ cup finely chopped onion	1 Tablespoon vinegar
½ cup celery, diced	½ teaspoon salt
1 (15-oz.) can beans (any kind), drained & rinsed	¼ teaspoon pepper

### Directions:

1. In a large bowl, mix together rice, cherries, drained beans, onion and celery.
2. In a small bowl, whisk together cherry juice, oil, vinegar, salt and pepper.
3. Pour dressing over the salad, Mix well. Let rest at room temperature for flavors to combine.

## 10. Make Chocolate Cherry Milkshake a healthier dessert!

### Ingredients:

3 1/2 cups frozen cherries	1 1/2 cups milk
1 1/2 tablespoons cocoa powder	1 teaspoon vanilla extract
¼ cup maple syrup	

### Directions:

1. First put milk into blender, then add the rest of the ingredients.
2. Blend until smooth!

## 5. Make a Cherry Crumble\* for a crowd pleasing dessert!

### Ingredients:

5 cups cherries (don't have to be thawed)	¼ teaspoon nutmeg (optional)
¾ cup brown sugar	1 ½ cup oats
½ cup whole wheat flour	4 Tablespoons cold butter, cut into pieces
½ teaspoon ground cinnamon	Non-stick cooking spray

### Directions:

1. Preheat oven to 350° F.
2. In a large bowl, toss together cherries with ¼ cup brown sugar, 1 Tablespoon flour, cinnamon and nutmeg (if using). Mix well. Pour into a greased 9x9-inch baking dish.
3. In a small bowl, mix remaining flour, brown sugar, oats and butter. Mix with hands until crumbly.
4. Sprinkle the oat mixture over the cherries. Bake uncovered for 40 minutes or until top is browned or bubbly.

\*Recipe from Share Our Strength's Cooking Matters™

