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

   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
   - 1 cup brown sugar
   - ½ teaspoon cinnamon
   - 3/4 teaspoon salt
   - 1 teaspoon baking powder
   - 1/3 cup vegetable oil
   - ½ teaspoon baking soda
   - 1 cup cherries (fresh or frozen)
   - 1 teaspoon vanilla extract
   - 1 ½ cups buttermilk or plain yogurt

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

   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
- 2 large sweet potatoes, diced in 1” pieces
- ½ cup thawed cherries, drained
- ¼ teaspoon salt
- ½ teaspoon dried sage or cinnamon (optional)
- 1 Tablespoon butter or canola oil
- 1 ½ tablespoons maple syrup or brown sugar
- ¾ teaspoon black pepper
- ¼ cup walnuts (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).
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
- 1 cup thawed cherries, save the juices
- ¼ cup finely chopped onion
- ½ cup celery, diced
- 1 (15-oz.) can beans (any kind), drained & rinsed
- ½ teaspoon salt
- 1 Tablespoon oil
- 1 Tablespoon vinegar
- 1 Tablespoon cherry juice (from the can)
- 1 Tablespoon vinegar
- ½ teaspoon salt
- 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 tablespoons cocoa powder
- 1/4 cup maple syrup
- 1 1/2 cups milk
- 1 teaspoon vanilla extract

**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)
- ¾ cup brown sugar
- ½ cup whole wheat flour
- ½ teaspoon ground cinnamon
- ¼ teaspoon nutmeg (optional)
- 1 ½ cup oats
- 4 Tablespoons cold butter, cut into pieces

**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™*