

FUEL UP WITH  
**FRUIT**

# Cheer for Cherries

More than just a sundae topper, cherries are full of antioxidants, vitamins A and C, and have anti-inflammatory properties. A sweet treat for sure!

## PARFAIT

Pit and slice in half. Mix with yogurt, green apple chunks, pecans, and cinnamon.

## CHOP

Add to side dishes. Especially delicious and nutritious with rice or quinoa and nuts.

## SAUCE

In a saucepan, cook cherries with a splash of orange juice and a dash of sugar for a tasty sauce.

