

FUEL UP WITH  
**FRUIT**

# Cheer for Cherries

## **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.

