

Pick a **better snack**[™] – THE COLOR WAY

CHERRIES

Wash. Eat. How easy is that?



There are two basic categories of cherries - sweet and sour. Sour cherries are what we think of as “pie” cherries. The sweet cherry market is dominated by the Bing variety. Both sweet and sour cherries are low in calories and may be washed and eaten plain as a quick snack. Caution: cherries are stone fruits meaning they contain a pit – so bite carefully. Cherries have a very short season – less than three months to enjoy eating them fresh, however they are available in the market in frozen and canned forms year round.

BREAKFAST- ON-THE-GO BARS (YIELDS 8 BARS)

- 2 ½ cups nugget-type cereal
- 3 Tablespoons honey
- 2 8 ounce containers nonfat cherry yogurt
- 1 cup frozen sweet cherries
- 2/3 cup nonfat dry milk

Lightly spray an 8 x 8 inch square pan with nonstick vegetable spray. Spread about ¾ cup cereal onto bottom of pan. In a blender or food processor, combine honey, yogurt, fruit and nonfat dry milk. Blend until smooth. Fold in 1 cup cereal. Pour yogurt mixture into pan. Top with remaining cereal. Freeze for at least 4 hours or until firm. Cut into 8 bars. Store in the freezer.

Adapted from Eating on the Run, Evelyn Tribole, ISBN-0-7360-4608-9

Include a variety of **RED** fruits and vegetables in your low-fat diet to help maintain:

- A healthy heart
- Urinary tract health
- Memory function
- A lower risk of some cancers

Pick a **better snack**[™] was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site www.idph.state.ia.us/pickabettersnack or Iowa State University Extension web site www.extension.iastate.edu/food. For more information about 5 A Day the Color Way[™], visit www.5aday.com.