

Idaho Cherries

Idaho Cherry Facts

Did you know Idaho is one of the top 5 cherry producing states in the United States? Cherries are a delicious way to add flavor and color to any meal or snack. A serving of 15 cherries has only 63 calories! Cherries contain many important nutrients that help keep our bodies healthy:

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|-------------|----------------|
| • Vitamin A | • Fiber |
| • Vitamin C | • Antioxidants |
| • Potassium | |

Cherries are an important part of a healthy and balanced diet. You should try to include a serving of fruit, like cherries, into each meal following the My Idaho Plate example here:



Fresh Cherry Smoothie

Ingredients:

- 2 cups pitted sweet Idaho Cherries
- 1 ½ cups ice
- 1 ½ cups plain, fat-free yogurt
- ¼ cup honey

Directions:

Combine all ingredients in a blender and blend until smooth. Enjoy!

Recipe adapted from:

Roberts, G. (2007, June). Fresh Cherry Smoothie Recipe | MyRecipes.com. Find the Best Recipes, Dinner Ideas, and Menus | MyRecipes.com. Retrieved March 27, 2013, from <http://www.myrecipes.com/recipe/fresh-cherry-smoothie-10000001622454/>



Cherries are in season from late June to mid-August. When selecting cherries, look for cherries with smooth, undamaged skin. Pick cherries that are firm, but not hard. Visit your local farmer's market or grocery store in July for the sweetest cherries. For more information on cherries, please visit www.idahopreferred.com.