

CHERRY-ANA

BREAKFAST SUNDAE



- 1 medium banana, peeled and sliced
- 1/8 cup **Tart Is Smart™** tart cherry juice
- 1 cup nonfat light vanilla or lemon flavored yogurt
- 2 tablespoons sliced almonds, toasted

Layer half the banana slices, cherries, yogurt and nuts in a tall glass. Repeat layers.

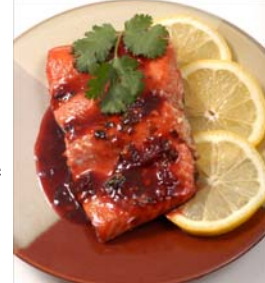
Sundae may be prepared up to 2 hours ahead. Store, covered, in the refrigerator until ready to use.

Prepare Sundae in a disposable cup for a great breakfast on-the-go.

Makes 1 serving.

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SALMON WITH CHERRY CHIPOTLE SAUCE



- 1 teaspoon butter, softened
- 1/2 teaspoon all purpose flour
- 2/3 cup **Tart Is Smart™** tart cherry juice
- 1-1/2 teaspoons honey
- 1 clove garlic, minced (1 teaspoon)
- 1 teaspoon minced canned chipotle chile in adobo sauce (1 small chile)
- 1/8 teaspoon salt
- 1/8 teaspoon ground cumin
- 2 salmon fillets (6-8 oz. each, 1-inch thick)
- 2 teaspoons minced fresh cilantro
- 1 teaspoon tequila (optional)

Stir together butter and flour; set aside.

Combine Tart Is Smart™ tart cherry juice, honey, garlic, chipotle, salt and cumin in small, shallow dish. Add salmon fillets; let stand at room temperature 10 – 15 minutes to marinate, turning once. Preheat broiler, spray broiler pan and rack with non-stick cooking spray. Remove salmon fillets from marinade. Reserve 1 tablespoon marinade for basting. Broil salmon about 11 minutes, turning once; basting with reserved marinade, until cooked throughout.

While salmon is broiling, transfer remaining marinade to 8-inch skillet. Bring to a boil over medium-high heat; cook, stirring often until reduced to 1/4 cup, about 6 minutes. Reduce heat to low. Stir in butter-flour paste, cook, stirring constantly, until slightly thickened, about 1 minute. Stir in cilantro and tequila (or 1 teaspoon additional tart cherry juice if not using tequila); cook, stirring constantly, about 30 seconds. Transfer salmon to serving plates; spoon cherry chipotle sauce on top and serve immediately.

Makes 2 servings.

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POST-WORKOUT CHERRY BERRY POWER SMOOTHIE



- 1 cup (8 oz.) **Tart Is Smart™** tart cherry juice
- 1 small ripe banana, sliced
- 2 tablespoons creamy almond butter (can be replaced with peanut butter)
- 1 tablespoon honey
- 1 cup frozen mixed berries

Combine tart cherry juice, banana, almond butter (can be replaced with peanut butter) and honey in blender container. Cover and blend until smooth. Uncover, and gradually add berries, blending until smooth.

Serve immediately. Makes 2 cups.

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CHERRY SPUMONI



- 3/4 cup milk
- 3/4 cup sugar
- 1/8 teaspoon salt
- 3/4 cup half and half
- 1 1/2 cups heavy cream
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract
- 3 tablespoons **Tart is Smart™** tart cherry concentrate
- 1/2 cup (packed) frozen, pitted tart (sour) cherries, defrosted, or tart canned cherries (do not use fresh) can use dried.
- 1/4 cup plus 2 tablespoons slivered or sliced blanched almonds
- 1/4 cup plus 2 tablespoons chopped semisweet chocolate or chocolate chips.

1. Place milk in a small heavy-bottom saucepan over medium heat until bubbles just begin to form around edge of pan. Remove from heat, and add sugar and salt. Stir until dissolved.
2. Add half and half, heavy cream, vanilla extract, almond extract and cherry concentrate. Mix well. Transfer to a bowl, and set in an ice water bath until cool, about 10 minutes.
3. Coarsely chop cherries, and press between paper towels to remove excess liquid. Add to chilled milk mixture. Begin freezing in an ice cream maker according to manufacturer's instructions. When ice cream has begun to thicken, after about 10 minutes, add almonds and chopped chocolate. Continue freezing until ice cream is very thick.

Yield: 1 1/2 quarts.

Time: 20 minutes, plus freezing

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