

Healthy Eating Tips for Kids



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Contents

Introduction6

Getting the Children on Your Side.....7

Add a Fruit or Vegetable to Every Meal8

Go Sweet.....8

Fun, Quick and Healthy Food Ideas9

Fun Food Ideas.....9

Quick and Healthy Food Ideas.....10

Simple Ways to Add Healthy Food to Everyday Meals10

Grow Your Food.....11

Fruit and Vegetable of the Month.....11

Fruit and Vegetable of the Month Schedule12

 Table Source: Fruit and Vegetables Matter12

Nutrient Information and Health Benefits*13

Daily Healthy Eating Checklists.....15

Food Information for Kids18

Regularly scheduled meal and snack times help your children learn structure for eating.21

Family meals allow your children to focus on the task of eating and give you a chance to model good behaviors.....22

Ideas for fast family meals.....24

You are not alone. Picky eating is a typical behavior for many children.25

Many children are hesitant to try new foods.26

Healthy Recipes:.....30

Great Tasting Cherry Recipes32

 Sensational Stuffed Mushrooms.....32

Cherry Salsa.....33

Cherry Delicious Couscous Salad.....34

Cherry Chewbibles.....35

Cherry Tiramisu37

<i>Cherry Almond Clusters</i>	40
National Cherry Month Recipes	41
<i>Traditional Cherry Pie</i>	41
<i>Cherry Blossoms</i>	42
<i>Cherry-Chocolate Heart</i>	44
<i>Sweetheart Puff</i>	46
<i>Black Forest Upside-Down Sundae</i>	48
<i>Chocolate Angel Cake</i>	49
Maraschino Cherry Recipes	50
<i>Cherry Flyers</i>	50
<i>Maraschino Thumbprint Cookies</i>	51
<i>Frozen Fruit Salad</i>	53
<i>Banana Split French Toast</i>	54
<i>Cherry-rific Shake</i>	56
<i>Caramel-Cherry Sticky Buns</i>	57
<i>Cherry S'more Brownies</i>	58
Low-Fat Cherry Recipes	60
<i>Cherry Oatmeal Muffins</i>	60
<i>Cherry Rice Pilaf</i>	62
<i>Cherry Dream</i>	63
<i>Cherry Good Cobbler</i>	64
<i>Maple Cherry Sauce</i>	66
<i>Dried Cherry Relish</i>	67
<i>Low-Fat Cherry Smoothie</i>	68
<i>Power Bars</i>	69
Kid Recipes	71
<i>Cherry S'mores</i>	71
<i>Dessert To Go</i>	72
<i>Critter Munch</i>	74
<i>Pretty in Pink Pie</i>	76

<i>Maraschino Cherry Shake</i>	77
<i>Kid's Cherry Smoothie</i>	78
<i>Maraschino Lemonade Pops</i>	79
<i>Cherry Mallow Cake</i>	80
Dried Cherry Recipes	81
<i>Spiced Cherry Salad</i>	81
<i>Carrots with Character</i>	82
<i>Oatmeal Cherry Cookies</i>	83
<i>Acorn Squash Bake</i>	84
<i>Brie Torte</i>	85
<i>Firecracker Salsa</i>	86
<i>Cherry Orange Poppy Seed Muffins</i>	87
Holiday Recipes	88
<i>Cherry Spiced Cider</i>	88
<i>Dried Cherry Relish for Turkey</i>	89
<i>Cherry Cinnamon Rolls</i>	90
<i>Christmas Bread</i>	91
<i>Double Cherry Pie</i>	92
<i>Ho Ho Surprises</i>	93
<i>Ribbon of Cherry Cheesecake</i>	94
<i>Danish Butter Cookies</i>	96
<i>Cherry Cheese Brownies</i>	97
<i>Cherry Blossoms</i>	98
Internet Resources.....	100
About Traverse Bay Farms:.....	101
Traverse Bay Farms Products:	102

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Introduction

I was logged into MySpace a few weeks ago and a friend of mine said she couldn't get her children to eat any sort of healthy foods. (According to her IM's, her three young children would only eat cheeseburgers, French fries, ice cream and maybe an apple once-a-week)

She said she realized she needed some advice since she had just spent 25 minutes earlier in the day finely chopping different fruits and vegetables and then mixing them into her kid's dinner. She did this to get her children to eat healthy without them knowing about the fruit and vegetables. She confessed she had been doing this for the past few weeks.

After reading her instant messages, I knew I had to do something. How could any parent not feel what she was going through? She was willing to do almost anything to get her kids to eat healthy.

After spending the next few hours trading instant messages I decided to compile a complete step-by-step guide to teach parents how to help their children to eat healthy. Many of the ideas and concepts on this book are from my personal experience, the USDA, several reliable and referenced sources and those few hours of trading healthy eating tips during the instant message session with my friend.

This book provides a number of different ways to encourage children to eat healthy. It also contains over 4 dozen healthy recipes.

So let's get started...

Andy LaPointe

Getting the Children on Your Side

Instead of arguing with the little ones one way to get them to eat healthy is to get them on your side.

One of the best ways to get them involved is allow them to create the menu, shop for the food and help prepare the meals.

They will be more interested in eating a healthy meal if they helped to prepare the meal or helped to decide what is on the menu. Below are some ideas you can use to get your children more involved in the daily meals:

- During your next shopping trip, allow your kids to pick the fruits and vegetables they would like to eat.
- Allow your kids to pick one side meal for each meal of the day. (canned corn, peaches, sliced apples, etc.)
- Encourage your kids to participate in meal preparation. It doesn't have to be anything major, for example counting the potatoes to make the mashed potatoes, etc. is great encouragement.
- Ask your kids to select a recipe they would like for dinner. I have included several healthy fruit and vegetable recipes for you at the end of this book.

If your children help with the food decisions, they will feel more inclined to eat the final meal.

Add a Fruit or Vegetable to Every Meal

One great way to help your kids to start eating fruits and vegetables is to add fruit to your children's favorite recipes and meals. For example, add some dried cherries to some green beans or add a chopped banana to yogurt.

Also consider switching from soda to 100% fruit juice or vegetable juice. However, you still need to remember that fruit is a natural source of sugar (fructose). Check the sugar and sodium content of the fruit juice to make sure they aren't consuming too much sugar or sodium. Drinking an 8-ounce glass of fruit juice every day is a quick way to add 1-2 servings of fruit per day to their diet.

Another great way to encourage your kids to eat health is to demonstrate good eating habits yourself. Enjoy a variety of fruits during the day. For example, enjoy an apple while taking your children to the morning bus stop or pack a light snack for everyone in the car when you pick the kids up from school or the bus stop. You can also make up individual snack bags with chopped apples, grapes, dried cherries and raisins and add them to your children's lunch.

Go Sweet

Kids' taste buds are very sensitive when compared to an adults' palette. The bitter flavors of Brussels sprouts and spinach may taste good to an adult, but it may cause a very negative reaction from your children.

So you may want to stay away from the bitter foods until their taste buds can appreciate these tastes. For example, my five year old daughter loves green beans, spinach, etc. but my 12 year old son still doesn't like them. Remember, each child has a different palette and it will mature at different times.

Here is list of sweeter foods to add as a side dish to your daily meals or for between meal snacks:

- Strawberries
- Cherries – sweet cherries (deep purplish hue)
- Sweet peas
- Corn – (creamed corn, canned corn)
- Mandarin oranges
- Honeycrisp apples
- Tomatoes
- Bananas (sliced into pieces)
- Peaches (canned or fresh, sliced into pieces)
- Fruit Cocktail (lite or reduced sugar)

Fun, Quick and Healthy Food Ideas

Kids love to be creative and have fun. So why not have some fun making some “wild and crazy” food ideas for your children. Here are a few “crazy” ideas to inject fun into your fruit and vegetables.

Fun Food Ideas

- Draw faces on the outside peel of the oranges in the fruit bowl. Draw smiley faces, funny faces, etc.
- Serve Fruit Cocktail (lite or reduced sugar). Ask your child if they can name all of the colors of the rainbow from the fruit in their bowl.
- Place a fresh fruit bowl in the middle of the table and ask your child to make a smiley face using the apples as eyes and a banana as the mouth. Once they are done, cut up the apple/banana and serve.

Quick and Healthy Food Ideas

- Chop fruit into small pieces so your kids can try it without getting overwhelmed
- Add some dried fruit to your children's lunch (dried cherries and dried strawberries make a great snack)
- Place a bowl of fresh fruit in the middle of the table. This will encourage your kids to try fruit since it is right in the middle of the table.
- Mix dried cherries, raisins and pretzels and make into small snack bags. Place these into your child's school lunch box.

Simple Ways to Add Healthy Food to Everyday Meals

- Fruit smoothies (mix bananas, ice and frozen blueberries in a blender)
- Add fruit salsa or regular salsa to morning eggs and after school snacks
- Make fruit salad by mixing grape, watermelon, strawberries, apples, etc.
- Add berries and bananas to your child's cereal
- Add chopped to fruit to Jell-o
- Add finely chopped carrots to vegetable or potato chip dip
- Make fruit bread recipes including banana or apple bread
- Add frozen blueberries to pancakes
- Use fruit syrup on waffles and pancakes
- Add finely chopped vegetables to pasta sauce
- Add fruit to vanilla yogurt
- Add pineapple to pizza (to get started, add it to ½ of your next pizza)
- Instead of a regular salsa, enjoy fruit salsa with Mexican chips
- Use fruit BBQ sauce on chicken, shrimp or pork
- Use Merlot wine steak sauce with your hamburger or steak – adults only
- Add frozen fruit to morning oatmeal

Grow Your Food

Get your kids interested in gardening and growing their own food. This doesn't mean you need to harvest 5 acres of corn or tomatoes, but start a small garden in the backyard or on the back deck. Plant a few tomatoes plants, green beans or an herb garden. The purpose of this is not for you and your family to eat every green bean you grow but to get your kids interested in fruits and vegetables. You'll be amazed how exciting they will get as they watch the tomatoes ripen on the vine.

Fruit and Vegetable of the Month

A neat and creative way to introduce your child to fruits and vegetables on a consistent basis is to follow a **Fruit and Vegetable of the Month Schedule**. When you follow this schedule you select a specific fruit to learn about at the beginning of every month and try to eat that particular type of fruit and veggie as often as possible during that month.

In addition to eating specific foods you can also teach your children about the natural health benefits of food. For example, did you know sweet potatoes, pumpkin, and spinach helps maintain healthy eyes and healthy skin?* Little learning experiences like this will help your children understand the importance of fruit and vegetable and staying healthy*

Here is list of the fruit and vegetable ideas to use for your monthly calendar. But if you find you can't eat green beans or apples 4-5 times per week, you can change it to the Fruit and Vegetable of the Week. You can learn more about the each fruit at the Fruit and Veggie government website.

Fruit and Vegetable of the Month Schedule

Fruits of the Month

- Apple
- Apricot
- Avocado
- Banana
- Berries
- Cherry
- Cranberry
- Gooseberries
- Grapes
- Grapefruit
- Kiwi
- Lemon
- Mango
- Melon
- Orange
- Papaya
- Passion Fruit
- Peach
- Pear
- Pineapple
- Plum
- Pomegranate
- Quince
- Watermelon

Vegetables of the Month

- Artichoke
- Asparagus
- Beans - Dried
- Beans - Fresh
- Bell Pepper
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Corn
- Cucumber
- Eggplant
- Lettuce
- Mushrooms
- Onion
- Peas
- Radish
- Rhizomes
- Rhubarb
- Spinach
- Squash
- Sweet Potato
- Tomato
- Winter Squash

Table Source: Fruit and Vegetables Matter

Nutrient Information and Health Benefits*

Fruits and vegetables are sources of many vitamins, minerals and other natural substances that to maintain a healthy body in both adults and children. Eating a balanced diet of fruit and vegetables is a key component in maintaining good health.

They help to maintain a healthy body. Tell your kids some of the natural health benefits of fruits and vegetables they eat. Remind them by eating these foods, they will grow to be strong and healthy.

Fiber	
Diets rich in dietary fiber have been shown to have a number of beneficial effects including maintaining a health cardiovascular system*	Excellent vegetable sources: navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils, artichokes

Folate*	
Healthful diets with adequate folate may help maintain a woman's ability of having a healthy child**.	Excellent vegetable sources: black eyed peas, cooked spinach, great northern beans, asparagus

Potassium	
Diets rich in potassium may help to maintain healthy blood pressure*.	Good fruit and vegetable sources: sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice

Vitamin A

Vitamin A helps to maintain healthy eyes and skin and may help to protect against infections.*

Excellent fruit and vegetable sources: sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage

Vitamin C

Vitamin C may help to maintain healthy teeth and gums.* In addition to help the body heal minor cuts and wounds*

Excellent fruit and vegetable sources: red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower

Table Source: Fruit and Vegetables Matter

Good sources: These foods contain 10 to 19 percent of the Daily Value per reference amount.

Excellent sources: These foods contain 20 percent or more of the Daily Value per reference amount.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**The Institute of Medicine recommends that women of childbearing age who may become pregnant consume 400 micrograms of synthetic folic acid per day to supplement the folate they receive from a varied diet. Synthetic folic acid can be obtained from eating fortified foods or taking a supplement.

Daily Healthy Eating Checklists

To help you better manage healthy eating habits in your household, I have created several easy-to-use worksheets. Each one will help you keep track of how much and often your household eats healthy foods including fruits and vegetables.

- **Health Eating Checklist** – This handy checklist helps you keep track of the type of healthy food your household consumes every day. Simply write in the fruit or vegetable you enjoyed with each meal. You'll be able to see at-a-glance how much or how little healthy foods your household is eating daily.
- **The Kids Healthy Meal List** – You can use this list to buy the healthy foods to add to recipes the kid will help make.

Healthy Eating Checklist for the week of _____

Day	Snack	Breakfast	Lunch	Dinner
Monday	_____ _____	_____ _____	_____ _____	_____ _____
Tuesday	_____ _____	_____ _____	_____ _____	_____ _____
Wednesday	_____ _____	_____ _____	_____ _____	_____ _____
Thursday	_____ _____	_____ _____	_____ _____	_____ _____
Friday	_____ _____	_____ _____	_____ _____	_____ _____
Saturday	_____ _____	_____ _____	_____ _____	_____ _____
Sunday	_____ _____	_____ _____	_____ _____	_____ _____

The Kids Healthy Meal List

Name of Recipe: _____

Fruit or Vegetable Needed: _____

Children who will be helping to make this meal: _____

Day of week we will be making this recipe: _____

Food Information for Kids

In the following pages, you'll some excellent step-by-step information and guidance on helping your children in forming healthy eating skills.

Many things influence what and how much your child eats.

As a parent, you have the most influence on your child. You can do a lot to help your children develop healthy eating habits for life. Below are several examples for you to use:



- Set a Good Example
- Offer a Variety of Foods
- Start with Small Portions
- Help Them Know When They've Had Enough
- Follow a Meal and Snack Schedule
- Make Mealtime a Family Time
- Cope with a Picky Eater
- Help Them Try New Foods
- Make Food Fun

Your child's normal growth and development also play a big role in their eating habits. As children grow, they change physically, mentally, and socially. These changes affect everything they do, including eating. Marketing and advertising can also affect what your child wants to eat. Teach your child that what they see on television is not necessarily the best food for a strong and healthy body.

Offer your children small, easy-to-eat amounts to make eating easy and more enjoyable.

- Use smaller bowls, plates, and utensils for your child to eat with.
- Don't insist that children finish all the food on their plate. Let your child know it's okay to only eat as much as he or she wants at that time.
- As children are able, allow them to **serve themselves**.
 - Even your 3 to 5 year old can practice serving from small bowls that you hold for them. They'll learn new skills and feel "all grown up."
 - Teach them to take small amounts at first. Tell them they can get more if they are still hungry.
 - Serve foods that are "too hot" for your child to serve themselves safely (for example, soups). Ask your child how much they want. Make sure food isn't too hot for children to eat.



Help your children keep listening to their bodies as they grow.

Kids who “listen” to their own fullness cues stop eating when they feel full and are less likely to become overweight. Give your kids a chance to stop eating when they feel full, even if you think they aren’t. They’ll feel more independent and you’ll help them keep a healthy weight.

- Let them learn by serving themselves. Let your children serve themselves at dinner. Teach them to take small amounts at first. Tell them they can get more if they are still hungry.
- Avoid praising a clean plate. Your child should stop eating when he or she is full, rather than when the plate is clean.
- Reward your child with attention and kind words, not food. Show your love with hugs and kisses. Console with hugs and talks.
 - Giving your child sweets when they feel sad or as a special treat can teach your child to eat when he or she is not hungry. This may cause your child to ignore body signals of fullness and overeat.
 - Rewarding with sweets also lets your child think sweets or dessert foods are better than other foods. For example, telling your child “no dessert until you finish your vegetables” may



make them like the vegetable less and the dessert more.

- Try not to restrict specific foods. If that restricted food becomes available to your child, he or she might eat it despite feeling full. This can lead to a habit of overeating. Also, don't restrict sweets or other treats as punishment for bad behavior.
- Patience works better than pressure. Offer your children a variety of foods. Then let them choose how much to eat.

Regularly scheduled meal and snack times help your children learn structure for eating.

Your child is more likely to eat healthy meals and try new foods if snacks are not offered too close to mealtime.

Tips for setting a mealtime schedule:

- Plan for 3 meals and 1 or 2 snacks each day.
- Make sure that the foods offered at each meal and snack-time contribute toward your child's needs.
- Set reasonable limits for the start and end of a meal. When you can see that your child is no longer interested in the meal, excuse him or her from the table.

- Do not let your child have “extras” such as candy or cookies to make up for the meal not eaten.
- Although schedules are helpful, it is also important to listen to your child. For example, if your child says he or she is hungry, offer a small, healthy snack. It’s important to allow children to recognize when they are hungry or full.

Family meals allow your children to focus on the task of eating and give you a chance to model good behaviors.

It takes a little work to bring everyone together for meals. But it’s worth it and the whole family eats better.

- Start eating meals together as a family when your kids are young. This way, it becomes a habit.
- Plan when you will eat together as a family. Write it on your calendar.
- You may not be able to eat together every day. Try to have family meals most days of the week.



Cook together. Eat together. Talk together. Make mealtime a family time!

Make family meals enjoyable

- Focus on the meal and each other. Turn off the television. Take phone calls later.
- Talk about fun and happy things. Try to make meals a stress-free time.
- Encourage your child to try foods. But, don't lecture or force your child to eat.
- Involve your child in conversation. Ask questions like:
 - What made you feel really happy today?
 - What did you have to eat at lunch today?
 - What's your favorite veggie? Why?
 - Tell me one thing you learned today.
 - What made you laugh today?
- Have your child help you get ready to eat. Depending on age, your child may be able to:
 - Help set the table
 - Put pets, toys, or books in another room

- Turn off TV
- Pour milk (with help)
- Put down place mats
- Hand out napkins and silverware
- Pick flowers for table
- Clear the table
- Wipe the table

Ideas for fast family meals

- Cook it fast on busy nights. Try stir-fried meat and vegetables, quick soups, sandwiches, or quesadillas.
- Do some tasks the day before. Wash and cut vegetables or make a fruit salad. Cook lean ground beef or turkey for burritos or chili. Store everything in the fridge until ready to use.
- **Find quick and tasty recipes** that don't cost a lot to make.



Do any of the statements below remind you of your children?

"Michael won't eat anything green, just because of the color."

"Ebony will only eat peanut butter sandwiches!"

"Bananas used to be Matt's favorite food, now he won't even touch them!"

"Maria doesn't sit still at the table. She can't seem to pay attention long enough to eat a meal!"

"Emily will eat any food — as long as it's white."

You are not alone. Picky eating is a typical behavior for many children.



It is simply another step in the process of growing up and becoming independent.

As long as your child is healthy, **growing normally**, and has plenty of energy, he or she is most likely getting needed nutrients.

If you are concerned that your child's picky eating has lasted for a long time or is very restrictive, speak with your child's doctor.

- What are some **common types** of picky eating?
- What can you do to **cope** with your preschooler's picky eating?
- What can you do to get your child to **try new foods**?

Many children are hesitant to try new foods.

It is completely normal for young kids to reject foods they have never tried before.

Here are some tips on how to get your child to try new foods:

- Sometimes, new foods take time. Kids don't always take to new foods right away. Offer new foods many times. It may take up to a dozen tries for a child to accept a new food.
- Small portions, big benefits. Let your kids try small portions of new foods that you enjoy. Give them a small taste at first and be patient with them. When they develop a taste for many types of foods, it's easier to plan family meals.
- Be a good role model by trying new foods yourself. Describe its taste, texture, and smell.
- Offer only one new food at a time. Serve something that you know your child likes along with the new food. Offering too many new foods all at once could be overwhelming.
- Offer new foods first, at the beginning of a meal, when your child is the most hungry.
- Serve food plain if that is important to your preschooler. For example, instead of a macaroni casserole, try meatballs, pasta, and a vegetable. Also, to keep the different foods separate, try plates with sections. For some kids the opposite works and serving a new food mixed in with a familiar item is helpful.

Picky eating is temporary and there are many things you can do to deal with picky eating in a positive way. One way is to make food fun!

Get creative in the kitchen:

- Name a food your child helps create. Make a big deal of serving “Dawn’s Salad” or “Peter’s Sweet Potatoes” for dinner.
- Cut a food into fun and easy shapes with cookie cutters.
- Encourage your child to invent and help prepare new snacks or sandwiches. For example, make your own trail mixes from dry cereal and dried fruit.
- Have your child make towers out of whole-grain crackers, spell words with pretzel sticks, or make funny faces on a plate using different types of fruit.
- Jazz up the taste of vegetables with low-fat dressings or dips. Try hummus or bean spread as a dip for veggies.

Choose smart, fun snacks and meals:

- **Bagel snake** — Split mini bagels in half. Cut each half into half circles. Spread the halves with toppings like tuna salad, egg salad, or peanut butter. Decorate with sliced cherry tomatoes, or banana slices. Arrange the half circles to form the body of a snake. Use olives or raisins for the eyes.
- **English muffin pizza** — Top half an English muffin with tomato sauce, chopped veggies and low-fat mozzarella cheese. Heat until the cheese is melted.
- **Smiley sandwiches** — Top a slice of bread with peanut butter and use an apple slice for a smile and raisins for eyes.

- **Frozen bananas** — Put a wooden stick into a peeled banana. Cut large bananas in half first. Wrap in plastic wrap and freeze. Once frozen, peel off the plastic and enjoy.
- **Potato pal** — Top half a small baked potato with eyes, ears, and a smile. Try peas for eyes, a halved cherry tomato for a nose, and a low-fat cheese wedge as a smile. Be creative, you'll be surprised at how many foods can turn into eyes, noses, and smiles!
- **Frozen graham cracker sandwiches** — Mix mashed bananas and peanut butter, spread between graham crackers and freeze.
- **Fruit smoothies** — Blend fresh or frozen fruit with yogurt and milk or juice. Try 100% orange juice, low-fat yogurt, and frozen strawberries.
- **Frozen juice cups** — Pour 100% fruit juice into small paper cups. Freeze. To serve, peel off the paper and eat.
- **Ants on a log** — Thinly spread peanut butter on narrow celery sticks. Top with a row of raisins or other diced dried fruit.

Healthy Recipe Resource: Download free cookbooks with great tasting and healthy recipes from Traverse Bay Farms at

<http://www.traversebayfarms.com/freecookbooks.htm>

You are free to download a number of different cookbooks including salsa recipes, fruit-recipe cookbook, fast and easy recipes, tart cherry cookbook and more. Download your free cookbooks today from Traverse Bay Farms.

www.TraverseBayBarms.com

Healthy Food Ideas-at-a-Glance

Use the below information as a quick reference for eating healthy. You and your children need different kinds of nutrient-dense foods in your daily diets..

Fruits—*Focus on fruits*

Many people need MORE fruits than they usually eat. Choose whole or pieces of fruits that are fresh, frozen, canned, or dried. Go easy on juices.

Vegetables—*Vary your veggies*

Many people need MORE dark-green or orange vegetables, dried beans and peas than they usually eat.

Milk and foods made from low-fat or fat-free milk—*Get calcium-rich foods*

Get ENOUGH low-fat or fat-free milk, or equivalent foods made from milk, for calcium. Children have a critical need for calcium for their growing bones.

Meats, poultry, fish, eggs, nuts, and beans—*Go lean with protein*

Eat ENOUGH lean meats, poultry, fish, eggs, nuts, or beans for iron and protein.

Breads, cereals, rice, and pasta—*Make half your grains whole*

Eat AT LEAST half of your grain foods as whole grains. Grain foods like breads, cereals, rice, and pasta are valuable sources of energy.

Plus, oils (liquid, unsaturated forms of fat) and foods containing oils (salad dressings, cooking oil, nuts, or fish) provide vitamin E. Most people get enough oils in foods they eat.

Healthy Recipes:

I have included over four dozen great tasting cherry recipes to get you started in helping your family to eat healthy. The reason I chose to include a number of cherry recipes is most children recognize a cherry and most children enjoy the taste of this ruby red fruit.

I have included cherry recipes for dinner, snacks and recipes for kids. In addition, Traverse Bay Farms offers complete line of cherry-based products including cherry salsa, dried cherries, cherry juice and cherry butter.

Our products have been "Seen on TV" and also featured in Hollywood. Here is an event we attended to introduce our products to Hollywood. Feel free to share these photos and our story with your family, friend and co-workers.



Tart cherries make an excellent addition to almost any recipe. You can add cherries to both hot and cold dishes. To the left is a photo from one of many events we have attended to share our products. This is was an event in the Hollywood Hills, California. When this photo was taken, everything was still getting set up for the

upcoming show in the backyard of the mansion hosting this exclusive invitation only event. The house overlooked the city lights of Sunset Boulevard.

During this event we introduced many in Hollywood our cherry products.

To the right is one of three of our free sample tables. This table included dried cherries, chocolate-covered dried cherries and more.

The chocolate-covered cherries and dried cherries are in the black plastic containers while tasty cherry desserts were available for a quick treat on the 3-riser plate stand.

We received excellent feedback from many in Hollywood about our products.



Below we have included over 48 great tasting cherry recipes for all occasions. We would like to thank CMI for the cherry recipes. Make your own party with these great tasting cherry recipes.

We offer two brands in our gourmet fruit line for healthy eating. They are the Fruit Advantage brand and the Traverse Bay Farms brands.

Our Fruit Advantage line of products is for our dried cherries, tart cherry capsules, cherry juice concentrate and super fruit supplements. The Traverse Bay Farms brand offers our gourmet food including our cherry butter and award winning salsas.

Our salsas' were voted #1 in America two years in a row at America's Best Food Competition. It is the largest food competition in the nation. We offer cherry, red raspberry, pineapple, peach, corn and black bean salsa. Feel free to visit our site to learn more [Click Here to Learn More about Healthy Products Your Kids can Enjoy](#)

Great Tasting Cherry Recipes

Sensational Stuffed Mushrooms

Hot out of the oven, mushroom caps are an elegant appetizer.

- 30 large mushrooms (about 1 pound)
- 1/2 pound bulk pork sausage
- 1 cup chopped dried tart cherries
- 2 green onions, sliced
- 1 package (8 ounces) cream cheese, softened

Pull stems from mushrooms and discard (or save for another use). Rinse mushroom caps; drain well. Set aside.

Cook sausage in a large skillet 5 minutes, or until sausage is done. Stir occasionally to break up meat. Remove from heat. Add dried cherries, green onions and cream cheese; mix well. Fill each mushroom cap with a heaping teaspoon of sausage mixture. Place filled mushrooms on a lightly greased baking sheet. Bake in a preheated 425-degree oven 6 to 8 minutes. Serve immediately.

Makes 30.

Cherry Salsa

Served with grilled poultry, roast pork or tortilla chips, this spicy mixture wows traditional salsa lovers.

- 1 1/3 cups frozen unsweetened tart cherries
- 1/4 cup coarsely chopped dried tart cherries
- 1/4 cup finely chopped red onion
- 1 tablespoon chopped fresh or canned jalapeno peppers, or to taste
- 1 clove garlic, finely chopped
- 1 tablespoon chopped fresh cilantro or 1/2 teaspoon dried cilantro
- 1 teaspoon cornstarch

Coarsely chop frozen tart cherries. Let cherries thaw and drain, reserving 1 tablespoon cherry juice. When cherries are thawed, put drained cherries, dried cherries, onion, jalapenos, garlic and cilantro in a medium saucepan; mix well. In a small container, combine reserved cherry juice and cornstarch; mix until smooth, then stir into cherry mixture. Cook, stirring constantly, over medium-high heat until mixture is thickened. Let cool. Serve with tortilla chips and/or cooked chicken or pork.

Makes about 1 cup.

Cherry Delicious Couscous Salad

The perfect accompaniment for meat or poultry.

- 1 cup water or chicken broth
- 3/4 cup quick-cooking couscous, uncooked
- 1/2 cup dried tart cherries
- 1/2 cup coarsely chopped carrots
- 1/2 cup chopped unpeeled cucumber
- 1/4 cup sliced green onions
- 1/4 cup toasted pine nuts or slivered almonds (optional)
- 3 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 1 tablespoon Dijon-style mustard
- Salt and pepper, to taste

Bring water or broth to a boil in a medium saucepan; stir in couscous. Remove from heat; let stand, covered, 5 minutes. Fluff with a fork. Uncover; let cool 10 minutes.

Combine cooked couscous, dried cherries, carrots, cucumber, green onions and pine nuts in a large bowl. Combine vinegar, olive oil and mustard; mix well. Pour vinegar mixture over couscous mixture; mix well. Season with salt and pepper. Serve chilled or at room temperature.

Makes 4 cups; about 6 servings.

Cherry Chewbiles

Beyond ordinary, try these cookies made with extraordinary dried cherries!

- 1 cup margarine, softened
- 3/4 cup granulated sugar
- 3/4 cup firmly packed brown sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 package (10 ounces) vanilla-flavored morsels or 1 cup coarsely chopped white chocolate
- 1 1/2 cups dried tart cherries
- 1 cup coarsely chopped cashews

Put margarine, granulated sugar, brown sugar, eggs and vanilla in a large mixing bowl. Beat with an electric mixer on medium speed 3 to 4 minutes, or until well mixed. Combine flour and baking soda. Gradually add flour mixture to butter mixture; mix well. Stir in vanilla-flavored morsels, dried cherries and cashews. Drop by rounded tablespoons onto ungreased baking sheets.

Bake in a preheated 350-degree oven 10 to 12 minutes, or until light golden brown. Do not overbake. Transfer to wire racks to cool. Store in a tightly covered container. These cookies freeze well.



Makes 4 to 5 dozen.

Cherry Tiramisu

Smooth and easy describe this layered cherry dessert that is a variation of an Italian classic.

- 1 cup ricotta cheese
- 1 cup confectioners' sugar
- 1/4 cup sour cream
- 1/4 cup coffee liqueur
- 30 (2-inch) shortbread cookies (such as Lorna Doones)
- 1 can (21 ounces) cherry filling and topping
- Grated chocolate, for garnish (optional)
- Fresh mint leaves, for garnish (optional)

Put ricotta cheese, confectioners' sugar, sour cream and coffee liqueur in a large mixing bowl; stir to mix well. Set aside.

Put cookies, a few at a time, in an electric blender or food processor container. Process until finely crushed. You should have about 1 1/2 cups of cookie crumbs.

Remove 6 cherries from cherry filling; reserve for garnish.

To assemble dessert, spoon 2 tablespoons ricotta cheese mixture into each of six (8-ounce) parfait glasses. Add 2 tablespoons cookie crumbs to each glass; top each with 2 tablespoons cherry filling. Repeat ricotta, crumb and cherry layers. Finish each serving with an equal portion of the remaining ricotta cheese mixture.

Garnish with reserved cherries, grated chocolate and mint leaves, if desired. Let chill 2 to 3 hours before serving.

Makes 6 servings.

Cherry Peanut Pizzaz

This is an easy-to-prepare snack, perfect for holiday parties or gift giving.

- 2 cup lightly salted peanuts
- 1 cup dried tart cherries
- 2 tablespoons Worcestershire sauce
- 1/2 teaspoon garlic powder
- 1/2 teaspoon seasoned salt, or to taste
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground red pepper (cayenne pepper), or to taste
- Vegetable oil

Combine peanuts and cherries in a medium bowl. In a small bowl, combine Worcestershire sauce, garlic powder, seasoned salt, cumin and red pepper; mix well. Pour over peanut mixture; stir to coat.

Heat 1 or 2 teaspoons of oil in a large skillet over medium heat. Add peanut mixture. Cook, stirring constantly, 3 to 4 minutes, or until peanuts are light brown. Do not allow mixture to burn. Add more oil, if needed. Remove from heat. Spread on waxed paper or aluminum foil to cool. Store in a tightly covered container.

Makes 3 cups.

Cherry Almond Clusters

A sweet treat for any gathering.

- 1 (8-ounce) package semisweet baking chocolate
- 1 cup slivered almonds, toasted
- 1 cup dried tart cherries



Put chocolate in a microwave-safe bowl. Microwave on High (100%) power 2 minutes, stirring halfway through the heating time. Stir until chocolate is completely melted. Add almonds and dried cherries; mix until completely coated with chocolate. Drop by teaspoons onto waxed paper. Refrigerate until firm.

To toast almonds: Spread almonds on an ungreased baking sheet. Bake in a preheated 350-degree oven 5 to 7 minutes, stirring occasionally.

Makes 2 dozen.

National Cherry Month Recipes

Traditional Cherry Pie

George Washington's favorite dessert can be yours, too.

- 2 (16-ounce) cans unsweetened tart cherries or 4 cups frozen unsweetened tart cherries
- 1 cup granulated sugar
- 3 tablespoons quick-cooking tapioca
- 1/2 teaspoon almond extract
- Pastry for 2-crust, 9-inch pie
- 2 tablespoons butter or margarine

If using canned cherries, drain them well. Discard the juice or save for another use. If using frozen cherries, it is not necessary to thaw them. Combine well drained canned cherries or frozen cherries, granulated sugar, tapioca and almond extract in a large mixing bowl; mix well. Let stand 15 minutes.

Line a 9-inch pie plate with pastry; fill with cherry mixture. Dot with butter. Adjust top crust, cutting slits for steam to escape, or cut top crust into strips and make a lattice-top pie.

Bake in a preheated 400-degree oven 50 to 55 minutes, or until crust is golden brown and filling is bubbly.

Makes 8 servings.

Cherry Blossoms

Prepared the night before, breakfast rolls have never been easier.

- 2/3 cup sifted confectioners' sugar
- 1/4 cup milk
- 1 cup dried tart cherries, divided
- 1/4 cup coarsely chopped pecans
- 1 loaf (14 to 16 ounces) frozen white bread dough, thawed
- 2 tablespoons butter or margarine, melted
- 1/4 cup brown sugar
- 1 1/2 teaspoons ground cinnamon

In a small mixing bowl, combine confectioners' sugar and milk; mix well. Pour mixture into a 9-inch deep-dish pie pan. Sprinkle 1/2 cup of the cherries and pecans evenly over sugar mixture.

On a lightly floured surface, roll bread dough into a 12x8-inch rectangle; brush with melted butter. In a small mixing bowl, combine brown sugar and cinnamon; sprinkle over dough. Top with remaining 1/2 cup cherries. Roll up rectangle, jelly-roll style, starting from a long side; pinch to seal edges. With a sharp knife, cut roll into 12 slices.

Place slices, cut-side down, on top of mixture in pan. Let rise, covered, in a warm place 30 minutes, or until nearly double. (Or, cover with waxed paper, then with plastic wrap. Refrigerate 2 to 24 hours. Before baking, let chilled rolls stand, covered, 20 minutes at room temperature.)

Bake, uncovered, in a preheated 375-degree oven 20 to 25 minutes for unchilled rolls and 25 to 30 minutes for chilled rolls, or until golden brown. If necessary, cover rolls

with foil the last 10 minutes to prevent overbrowning. Let cool in pan 1 to 2 minutes. Invert onto a serving platter. Serve warm.

Makes 12 rolls.

Cherry-Chocolate Heart

Taste tempting flavors of hot fudge sauce and whipped cream pair up with cherries for a Valentine's Day dessert that is guaranteed to melt hearts.

- 1 (15-ounce) package refrigerated pie crusts
- 1 (8-ounce) package cream cheese, softened
- 1 cup confectioners' sugar
- 1 teaspoon almond extract
- 1/2 cup whipping cream
- 2/3 cup hot fudge ice cream topping
- 1 (21-ounce) can cherry filling and topping

Allow both crust pouches to stand at room temperature 15 to 20 minutes. Remove one crust from pouch; unfold. Press out fold lines. If crust cracks, wet fingers and push edges together. Sprinkle 1 teaspoon flour over crust. Turn crust, floured side down, on ungreased cookie sheet. Using paper pattern as guide, cut crust into heart shape.* Generously prick heart crust with fork. Bake in a preheated 450-degree oven 9 to 11 minutes, or until lightly browned. Let cool. Repeat with the remaining crust.



Combine cream cheese, confectioners' sugar and almond extract in a small bowl; beat until smooth. Add whipping cream and beat until thickened.

To assemble, place one heart-shaped pie crust on serving plate; spread with 1/3 cup of the hot fudge. Carefully spread half of cream cheese mixture over hot fudge. Spoon 2/3 of the cherry filling over cream cheese. Spread second crust with remaining hot fudge

and place over filling. Carefully spread with remaining cream cheese mixture. Spoon remaining cherry filling about 1 inch from edge. Refrigerate until serving time. Store any remaining torte in refrigerator.

Makes 8 to 10 servings.

* To make pattern, cut a piece of paper into a heart shape about 10 1/2 inches high and 10 inches wide.

Sweetheart Puff

Heart's will throb when they see and taste this delightful dessert.

- 1 sheet frozen puff pastry (1/2 of a 17 1/4-ounce package), thawed
- 6 ounces semisweet chocolate
- 1/4 cup margarine
- 1/4 cup heavy cream
- 2 teaspoons vanilla extract
- 1 (21-ounce) can cherry pie filling and topping
- 1 cup whipped topping

Unfold pastry on lightly floured surface; roll out to smooth folds. Cut out a large heart shape (approximately 9 x 8-inches). Put on baking sheet. Wet edge of pastry with water; fold in edge toward center about 1/2-inch. Press down edges with fork tines. Prink center area of pastry with fork tines several times.

Place a piece of foil cut to fit the center of the heart; top with pie weights, dry beans or uncooked rice to prevent puffing. Bake in a preheated 400-degree oven 8 minutes. Remove foil with rice or beans. Bake 4 to 7 minutes longer, or until golden brown. Carefully remove heart to a wire rack; let cool completely.

Melt chocolate, margarine and heavy cream in a medium saucepan over medium heat, stirring constantly. Stir in vanilla. Refrigerate for 30 minutes.

Place heart on serving plate. Spread chocolate mixture over center of heart. Refrigerate 30 minutes. Spoon cherry pie filling over chocolate layer. Pipe or spoon whipped topping around edge of tart. Refrigerate until serving time.

Makes 6 servings.

Black Forest Upside-Down Sundae

This easy-to-prepare dessert is a crowd pleaser.

- 1 (10-ounce) jar maraschino cherries, drained
- 1 quart vanilla ice cream, softened
- 1/2 cup hot fudge topping
- 10 cream-filled chocolate cookies (such as Oreos), crushed
- Maraschino cherries with stems, for garnish

Line a 5-cup gelatin mold or bowl with aluminum foil. Arrange 12 whole cherries on the bottom of the foil. Chop remaining cherries; fold into softened ice cream. Spoon half of the ice cream mixture into bottom of mold. Spoon fudge topping over ice cream; spread remaining ice cream over the fudge topping. Sprinkle cookie crumbs over top of ice cream; press lightly. Freeze 4 to 6 hours or until firm. Carefully pull foil out of mold and unmold with cookie crumbs on bottom on a chilled plate. Garnish with maraschino cherries with stems, if desired.

Makes 8 servings.

Note: This dessert can be made up to one week ahead; cover with foil.

Chocolate Angel Cake

This dessert is perfect for Valentine's Day or any special occasion

- 1 (16-ounce) package angel food cake mix
- 1/2 cup unsweetened cocoa
- 1-1/2 cups plus 2 tablespoons hot fudge topping, divided
- 2 cups whipped topping, divided
- 1 (21-ounce) can cherry pie filling, divided

Prepare cake mix according to package directions, mixing cocoa with dry ingredients. Spoon batter evenly into an ungreased 10-inch tube pan. Bake in a preheated 350-degree oven as directed on the package. Let cool as package directs.

When cake is completely cooled, carefully remove from pan. Cut horizontally in half. Place one half, cut side up, on serving plate. Spread with 3/4 cup fudge topping. (Do not heat topping.) Cover with 1 cup whipped topping, then half of the cherry pie filling. Place the other half of the cake over cherries, cut side down. Spread with 3/4 cup fudge topping. Cover with remaining 1 cup whipped topping and remaining cherry pie filling. Refrigerate 1 hour. Just before serving, drizzle remaining 2 tablespoons fudge topping over cherry pie filling.

Makes 12 servings.

Maraschino Cherry Recipes

Cherry Flyers

This refreshing drink is a great mid-day pick-me-up.

1/2 cup (about 14) maraschino cherries, drained

1 cup orange juice

1 (8-ounce) container cherry yogurt

1-3/4 cup whipped topping (about 1/2 of an 8-ounce container),
thawed

3/4 cup pineapple juice

Maraschino cherries and fresh pineapple, for garnish



Put cherries, orange juice, yogurt, whipped topping and pineapple juice in an electric blender. Blend 1 to 2 minutes, or until smooth. Serve over ice.

Makes 4 (6-ounce) servings.

Maraschino Thumbprint Cookies

These rich chocolate cookies are pretty as well as delicious.

- 2 (10-ounce) jars maraschino cherries
- 1/2 cup butter or margarine, softened
- 1 cup granulated sugar
- 1 egg
- 1-1/2 teaspoons vanilla extract
- 1-1/2 cups all-purpose flour
- 1/2 cup unsweetened cocoa
- 1/4 teaspoon salt
- 1/2 teaspoon baking powder
- 1/2 cup semisweet chocolate chips
- 2 tablespoons milk

Drain maraschino cherries, reserving 1 teaspoon juice. Put butter and sugar in medium bowl. Beat with an electric mixer on medium speed 3 to 4 minutes, or until well blended. Add egg and vanilla; mix well. Combine flour, cocoa, salt and baking powder; add flour mixture to butter mixture. Beat until well mixed.

Put chocolate chips and milk in a small saucepan. Heat, stirring constantly, over low heat until chocolate melts. Stir in reserved maraschino cherry juice. Let cool slightly.

Shape dough into 1-inch balls. Place on an ungreased baking pan. Push in center with your thumb; spoon 1 teaspoon chocolate mixture into each thumbprint and top with a cherry.

Bake in a preheated 350-degree oven 10 to 12 minutes, or until cookies are firm. Remove to wire racks. Let cool completely. Store in an airtight container.

Makes about 3 dozen.

Frozen Fruit Salad

This salad is so good you could serve it for dessert.

- 1 (16-ounce) jar maraschino cherries
- 1 (8-ounce) package cream cheese, softened
- 1 (20-ounce) can crushed pineapple
- 1 (11-ounce) can mandarin oranges, drained
- 2-1/2 cups miniature marshmallows (1/2 of a 10-1/2-ounce bag)
- 1 (8-ounce) container frozen whipped topping, thawed
- Lettuce leaves
- Fresh mint

Drain cherries, reserving 1/4 cup juice. Set aside. Put cream cheese and pineapple with juice in a medium mixing bowl; beat with an electric mixer on medium speed 3 to 4 minutes, or until combined.

Stir in mandarin oranges and cherries with 1/4 cup cherry juice. Gently fold in marshmallows and whipped topping. Spread evenly in a 13x9x2-inch baking pan. Freeze 4-6 hours, or overnight. Serve on a lettuce leaf; garnish with fresh mint.

Makes 12 to 15 servings.

Banana Split French Toast

Surprise your family with this wonderful brunch entree.

- 1 (10-ounce) jar maraschino cherries
- 1 (16-ounce) loaf French bread
- 1 (8-ounce) package cream cheese, softened
- 1/4 cup granulated sugar
- 1 teaspoon vanilla extract
- 1 (8-ounce) can crushed pineapple, drained
- 1/3 cup miniature semisweet chocolate chips
- 4 eggs
- 1/3 cup milk
- 4 small ripe bananas, halved lengthwise
- 2 cups frozen whipped topping (about 2/3 of an 8-ounce container), thawed
- 1/4 cup chopped pecans
- Maple syrup, warmed

Cut 4 maraschino cherries in half; set aside for garnish. Chop remaining cherries. Cut off and discard ends of bread loaf. Slice remaining loaf into 16 (1/2-inch to 3/4-inch) slices.

Combine cream cheese, sugar and vanilla in a medium mixing bowl; beat with an electric mixer at medium speed 3 to 4 minutes, or until creamy. By hand, stir in pineapple, chocolate chips and chopped cherries; mix well.

Spray a 15x10x1-inch baking pan with nonstick cooking spray. Combine eggs and milk in a shallow bowl or pie plate. Dip one side of 1 bread slice into egg mixture. Place on

baking pan, dipped side down. Gently spread with 1/8 of cream cheese mixture; top with a banana half. Repeat with 7 more slices.

Dip one side of each of the remaining 8 bread slices in egg mixture. Place, dipped side up, on top of banana. Bake in a preheated 350-degree oven 35 to 40 minutes, or until tops are light golden brown and centers are set.

To serve, top each serving with 1/4 cup whipped topping, 1-1/2 teaspoons chopped pecans and 1 reserved cherry half. Serve with maple syrup.

Makes 8 servings.

Cherry-rific Shake

Kids--and adults--will like this fun beverage.

- 3/4 cup cherry yogurt
- 2/3 cup (about 18) maraschino cherries, drained
- 3/4 cup milk
- 1-1/2 cups chocolate frozen yogurt or chocolate ice cream, softened
- Maraschino cherries, whipped topping and chocolate shavings, for garnish



Put cherry yogurt, cherries and milk in an electric blender; blend well. Add frozen yogurt; blend until smooth. Pour into chilled glasses. Garnish with whipped topping, chocolate shavings and cherries.

Makes 2 (8-ounce) servings.

Caramel-Cherry Sticky Buns

Treat your family to this easy-to-prepare breakfast roll.

- 12 bite-size caramel candies
- 3 tablespoons milk
- 1/2 cup (about 14) well-drained maraschino cherries, halved
- 1/4 cup pecans, chopped
- 1 (12-ounce) package refrigerated buttermilk biscuits (10 biscuits per package)

Melt caramels and milk in a small heavy saucepan over low heat, stirring constantly until smooth. Pour caramel mixture into a well-greased 9-inch glass pie plate.

Place cherries, rounded sides down, over caramel mixture; sprinkle with pecans. Separate biscuits and place snugly in pan.

Bake in a preheated 350-degree oven 22 to 25 minutes, or until golden brown. Invert immediately onto serving plate, scraping any remaining caramel over biscuits.

Serve warm. Makes 10 buns.

Cherry S'more Brownies

A campfire favorite has a new twist.

- 1 (10-ounce) jar maraschino cherries
- 1 (19.5-ounce) package fudge brownie mix (for 13x9-inch pan)
- 1/2 cup oil
- 1/4 cup water
- 2 eggs
- 1/4 cup butter, melted
- 8 whole graham crackers
- 1/2 cup milk chocolate chips
- 1/2 cup chopped pecans
- 1 cup miniature marshmallows

Drain maraschino cherries on paper towels; cut in half. Set aside.

Prepare brownie mix according to package directions, using oil, water and eggs.

Spread melted butter in a 13x9x2-inch pan. Cover bottom of pan with a layer of graham crackers. (If necessary, cut crackers with serrated knife to make them fit pan.) Spread brownie batter over crackers.

Bake in a preheated 350-degree oven 5 minutes less than directed on the package. Sprinkle chocolate chips, pecans, cherries and marshmallows over the top. Return to oven; bake an additional 5 to 8 minutes, or until toothpick inserted in center comes out almost clean. Let cool. Cut into squares.

Makes 24 squares.

Third prize winner from TerryAnn Moore, Haddon Township, NJ

Low-Fat Cherry Recipes

Cherry Oatmeal Muffins

Perfect for breakfast-on-the-run or lunchbox treats.

Makes 12 muffins

Calories per muffin: 159 calories

Total fat per muffin: 5.2 grams; 18 mg cholesterol

Percent fat from calories: 29%

- 1 cup old-fashioned or quick-cooking oats, uncooked
- 1 cup all-purpose flour
- 1/2 cup firmly packed brown sugar
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon ground nutmeg
- 3/4 cup buttermilk
- 1 egg, slightly beaten
- 1/4 cup vegetable oil
- 1 teaspoon almond extract
- 1 cup frozen tart cherries, coarsely chopped

Put oats, flour, brown sugar, baking powder and nutmeg in a large mixing bowl; mix well. Combine buttermilk, egg, oil and almond extract in a small bowl. Pour buttermilk mixture into oats mixture; stir just to moisten ingredients. Quickly stir in cherries (it is not necessary to thaw cherries before chopping and adding to batter).

Spray muffin pan with non-stick spray. Fill muffin cups two-thirds full. Bake in a preheated 400-degree oven 15 to 20 minutes.

Note: 1 cup canned tart cherries, drained and coarsely chopped, may be substituted for 1 cup frozen tart cherries.

Cherry Rice Pilaf

This flavorful combination proves that nutritious eating doesn't need to be bland and boring.

Makes 8 servings

Calories per serving: 189

Total fat per serving: 6.4 grams; 0 mg. cholesterol

Percent calories from fat: 29%

- 1 cup chopped onion
- 1 cup chopped celery
- 1/2 cup dried tart cherries
- 1/2 cup chopped walnuts
- 1 tablespoon chopped fresh thyme (or 1 teaspoon dried)
- 1 tablespoon chopped fresh marjoram (or 1 teaspoon dried)
- 1/2 teaspoon ground black pepper
- 1 tablespoon margarine
- 3 cups cooked rice

Put onion, celery, cherries, walnuts, thyme, marjoram, pepper and margarine in a large non-stick skillet. Cook, uncovered, over medium heat 10 minutes, or until vegetables are tender; stir occasionally. Add rice; mix well. Cook 3 to 4 minutes, or until thoroughly heated.

Cherry Dream

This easy-to-prepare dessert is perfect for family get-togethers.

Makes 8 servings

Calories per serving: 218 calories

Total fat per serving: 3.4 grams; 0 mg cholesterol

Percent calories from fat: 14%

- 5 cups loosely packed angel food cake cubes (about 10 ounces or 1/2 of large angel food cake)
- 1 (21-ounce) can cherry filling and topping
- 1 3/4 cups (4 ounces) frozen whipped topping, thawed
- Fresh mint, for garnish

Sprinkle cake cubes in bottom of 9x9x2-inch baking pan. Fold whipped topping into cherry filling in medium bowl. Spoon cherry mixture evenly over cake cubes. Let chill, covered, several hours or overnight. Garnish each serving with a sprig of mint.

Cherry Good Cobbler

This is a great tasting dessert with less than 1 gram of fat per serving.

Makes 8 servings

Calories per serving: 260

Total fat per serving: 1 gram; 0 mg cholesterol

Percent calories from fat: 3%

- 2 (21-ounce) cans cherry filling and topping
- 1 teaspoon almond extract
- 1 cup all-purpose flour
- 2 tablespoons granulated sugar
- 2 teaspoons baking powder
- 1/2 cup orange juice

Topping:

- 1 tablespoon slivered almonds, coarsely chopped
- 1 tablespoon granulated sugar
- 1 teaspoon grated orange peel
- 1/2 teaspoon ground cinnamon

Combine cherry filling and almond extract in an ungreased 8x8x2-inch baking pan.

Combine flour, sugar and baking powder in a large mixing bowl; mix well. Add orange juice, stirring just until dry ingredients are moistened. Drop batter by tablespoonfuls over cherry filling, making at least 8 dumplings.

For topping: Combine almonds, sugar, orange peel and cinnamon in a small bowl; mix well. Sprinkle over dumplings. Bake in a preheated 350-degree oven 30 to 35 minutes, or until filling is bubbly and dumplings are brown.

Maple Cherry Sauce

Cherries team up with maple syrup for a flavorful sauce that's terrific with roasted or grilled meats or poultry.

Makes 1 1/2 cups; about 6 servings

Calories per serving: 196

Total fat per serving: 6.4 grams; 0 mg cholesterol

Percent calories from fat: 28%

- 1/3 cup cherry juice blend
- 2 tablespoons cornstarch
- 1 cup frozen unsweetened tart cherries, thawed and well drained
- 3/4 cup real maple or maple-flavored syrup
- 1/2 cup chopped walnuts
- 1 teaspoon grated orange peel

Put cherry juice blend and cornstarch in a small saucepan; mix well. Cook over medium heat until thickened. Add cherries, maple-flavored syrup, walnuts and orange peel; mix well. Cook, stirring frequently, over low heat until all ingredients are hot. Serve over roast turkey, pork or ham.

Dried Cherry Relish

Serve warm with grilled or blackened fish.

Makes about 2 cups; 12 servings as a relish

Calories per serving: 60

Total fat per serving: 1.2 grams; 0.2 mg cholesterol

Percent calories from fat: 14%

- 1 1/2 cups dried tart cherries
- 1/2 cup red wine vinegar
- 1/4 cup balsamic vinegar
- 1 tablespoon olive oil
- 1 large red onion, finely chopped
- 2 tablespoons granulated sugar
- 1/4 teaspoon salt, or to taste
- 1/8 teaspoon ground black pepper

Combine dried cherries, red wine vinegar and balsamic vinegar in a medium mixing bowl. Let soak 30 minutes.

Heat olive oil in a large skillet. Add onion; cook 5 minutes, or until onion is soft. Add sugar; mix well. Cook, stirring occasionally, over low heat 10 minutes.

Add cherries with soaking liquid to onion mixture. Simmer, uncovered, 10 to 15 minutes, or until almost all the liquid is evaporated. Season with salt and pepper. Serve warm.

Note: Relish may be prepared ahead of time and refrigerated; reheat before serving.

Low-Fat Cherry Smoothie

A quick, easy breakfast treat.

Makes 2 servings (about 1 cup each)

Calories per serving: 125

Total fat per serving: 0.7 grams; 2.2 mg cholesterol

Percent calories from fat: 5%

- 1 very ripe banana, peeled
- 1 cup frozen unsweetened tart cherries
- 1 cup skim milk

Put banana, frozen cherries and milk in the container of an electric blender; purée until smooth. Serve immediately.

Power Bars

A great pick-me-up any time of day.

Makes 32 bars

Calories per bar: 145

Total fat per bar: 4.7 grams; 0 mg cholesterol

Percent calories from fat: 29%

- 3/4 cup margarine
- 2 cups firmly packed brown sugar
- 2 cups all-purpose flour
- 2 cups old-fashioned or quick-cooking oats, uncooked
- 2 teaspoons baking soda
- 1 can (21 ounces) cherry filling and topping
- 2 tablespoons granulated sugar
- 1 tablespoon cornstarch
- 1/2 teaspoon almond extract

Put butter and brown sugar in a large mixing bowl. Beat with an electric mixer on medium speed 3 to 4 minutes, or until well mixed. Combine flour, oats and baking soda. Add flour mixture to sugar mixture; beat on low speed until crumbly.

Spread two-thirds of the oats mixture into the bottom of an un-greased 13x9x2-inch baking pan. Press down to make a firm layer.

Put cherry filling in an electric blender or food processor container; purée until smooth. Pour puréed cherry filling into a medium saucepan. Combine granulated sugar and cornstarch; stir into cherry filling. Cook, stirring constantly, over low heat until mixture

is thick and bubbly. Stir in almond extract. Pour cherry mixture over oats layer; spread evenly. Top with remaining oats mixture.

Bake in a preheated 350-degree oven 30 to 35 minutes, or until golden brown. Let cool before cutting into bars.

Kid Recipes

Cherry S'mores

- 1/2 cup marshmallow creme
 - 1/2 cup dried tart cherries
 - 1/4 cup semisweet chocolate chips
 - 12 graham cracker squares (2* inches each)
1. Put marshmallow creme, cherries and chocolate chips in a medium bowl; mix well.
 2. Place 6 of the graham crackers on a microwave-safe plate. Spoon a heaping tablespoon of marshmallow mixture on each cracker. Top with remaining crackers.
 3. Microwave, uncovered, on High (100% power) 30 to 45 seconds, or until marshmallow mixture is soft and warm. Carefully remove plate from the microwave and set on a hot pad. Let S'mores cool slightly before eating them.

Makes 6 servings.

Note: To prepare in a conventional oven, place 6 of the graham crackers in an ovenproof baking dish. Proceed as above. Bake in a preheated 350-degree oven 2 to 3 minutes, or until marshmallow mixture is soft and warm. Remove baking dish from the oven with hot pads and set on a hot pad on the counter. Let S'mores cool slightly before eating them.

Dessert To Go

Ice cream cones never tasted so good.

- 1 (10-ounce) jar maraschino cherries
 - 3 cups whipped topping
 - 1 (4-serving-size) package any flavor instant pudding (chocolate is good!)
 - 1-3/4 cups cold milk
 - 6 flat-bottom ice cream cones
 - Colored sprinkles and/or maraschino cherries, for garnish
1. Put a colander or strainer in a bowl. Pour cherries into the strainer, draining the juice into the bowl. Save the juice to add to orange juice or other drinks; you do not need the juice for this recipe.
 2. Put the drained cherries on a cutting board. With a sharp knife, carefully cut each cherry in half. Have an adult show you how to use the knife. Set aside.
 3. Prepare pudding according to package directions using 1-3/4 cups cold milk. Refrigerate pudding 10 minutes.
 4. Meanwhile, put cherry halves in a large mixing bowl. With a rubber spatula, scoop whipped topping into the bowl. Stir gently until cherries are mixed with whipped topping.
 5. Fill each cone with 1/4 cup pudding. Top each with 1/2 cup cherry mixture. Decorate with colored sprinkles or a maraschino cherry. Serve immediately. This dessert is best eaten with a spoon.

Makes 6 servings.

Critter Munch

Delight your friends with this fun snack.

- 1-1/2 cups animal cracker cookies
 - 1/2 (6-ounce) package cheddar or original flavor goldfish crackers (1-1/2 cups)
 - 1 cup dried tart cherries
 - 1 cup M & M's plain candy
 - 1 cup honey roasted peanuts
1. Put animal crackers, goldfish crackers, dried cherries, M& Ms and peanuts in a large mixing bowl.
 2. Carefully stir with a spoon.
 3. Store in a tightly covered container at room temperature.

Makes 6 cups.

Party Cheese Ball

Save time by preparing this appetizer in advance.

- 1/2 cup (about 14) maraschino cherries
- 2 (8-ounce) packages cream cheese, softened
- 1 (8-ounce) can crushed pineapple, well drained
- 1 cup walnuts, chopped
- Crackers or cut-up vegetables

Drain maraschino cherries on paper towels. Chop cherries and drain again.

Beat cream cheese with electric mixer on medium speed 3 to 4 minutes, or until cream cheese is smooth. Stir in pineapple and cherries. Refrigerate until firm, about 1 hour.

Shape cheese mixture into two (4-inch) balls. Roll cheese balls in walnuts, pressing nuts into surface to adhere. Refrigerate about 1 hour or until chilled.

Serve as a spread with crackers or vegetables. Makes 2 (4-inch) cheese balls.

Tip: You can prepare this appetizer in advance, then freeze it for later use. Allow cheese balls to thaw in refrigerator before serving.

Pretty in Pink Pie

This dessert looks great and tastes even better.

- 1 (16-ounce) jar red maraschino cherries
- 4 cups miniature marshmallows
- 1 (8-ounce) container frozen whipped topping, thawed
- 1 (6-ounce) graham cracker crust

Drain maraschino cherries, saving the juice. Put marshmallows and maraschino juice in a large saucepan; heat over low heat, stirring constantly, until marshmallows are melted and smooth. Let cool completely, stirring occasionally to prevent a skin forming on mixture.

Reserve 6 to 8 cherries for garnish; quarter remaining cherries. Fold 2 cups whipped topping and quartered cherries into marshmallow mixture; spread into graham cracker crust. Refrigerate at least 2 hours or until firm.

Garnish with reserved maraschino cherries and remaining whipped topping.

Makes 6 to 8 servings

Maraschino Cherry Shake

This cool combo will please family and friends.

- 1 (10-ounce) jar maraschino cherries
 - 3 tablespoons maraschino cherry juice
 - 3 cups vanilla ice cream
 - Whipped topping
 - Whole maraschino cherries, for garnish
1. Put a colander or strainer in a bowl. Pour cherries into the strainer. Measure out 3 tablespoons of juice and put it in a small container. You will use these 3 tablespoons of juice to prepare this recipe. You can either discard the remaining juice or save it for another use.
 2. Put cherries from the strainer onto a cutting board. With a sharp knife, carefully cut cherries into small pieces. Have an adult show you how to use the knife.
 3. Put chopped cherries, 3 tablespoons juice and ice cream in the container of an electric blender or food processor; cover blender. Process or blend until smooth. Do not put a spoon or spatula in the blender while it is running and keep your hands clear of the working parts.
 4. Pour into 2 (12-ounce) glasses. Top with whipped topping; garnish with whole maraschino cherries.

Makes 2 (12-ounce) servings.

Kid's Cherry Smoothie

This is a refreshing pick-me-up any time of day.

- 2 cups frozen tart or sweet cherries
 - 1 ripe banana, peeled
 - 1 cup cherry juice blend (or other juice)
 - Maraschino cherries, for garnish
1. Put frozen cherries, banana and cherry juice blend in container of electric blender or food processor. Cover container. Process or blend until smooth. Do not put a spoon or spatula in the blender while it is running and keep your hands clear of the working parts. If necessary, turn blender off; remove cover. Scrape sides of container with a spatula. Cover and puree until smooth.
 2. Pour into individual serving glasses. Garnish with maraschino cherries, if desired. Serve immediately.

Makes 4 (8-ounce) servings.

Maraschino Lemonade Pops

This treat is delicious; share it with your friends.

- 1 (10-ounce) jar maraschino cherries
 - 1 (12-ounce) can frozen pink lemonade concentrate, partly thawed
 - 1/4 cup water
 - 8 (3-ounce) paper cups
 - 8 popsicle sticks
1. Put a colander or strainer in a bowl. Pour cherries into the strainer, saving the juice in the bowl.
 2. Put one whole cherry in each paper cup. Put the remaining cherries on a cutting board. With a sharp knife, carefully cut cherries into small pieces. Have an adult show you how to use the knife.
 3. Put chopped cherries, lemonade concentrate, water and the juice you saved from the jar of cherries in the container of an electric blender or food processor. Cover blender or processor. Puree or blend until smooth. Do not put a spoon or spatula in the blender while it is running and keep your hands clear of the working parts.
 4. Fill paper cups with equal amounts of cherry mixture. Freeze 30 to 40 minutes, or until very slushy.
 5. Place popsicle sticks in the center of each cup. Freeze 1 hour longer, or until firm. To serve, peel off paper cups.

Makes 8 servings.

Cherry Mallow Cake

You'll like this cake -- the marshmallows melt and rise to the top for a glaze.

- 4 cups miniature marshmallows (about 3/4 of a 10-1/2-ounce package)
 - 1 (18-1/4-ounce) package yellow cake mix
 - 1(21-ounce) can cherry pie filling
1. If you have not cooked before, ask an adult to help you with this recipe. It's an easy recipe, but you may not be familiar with using a mixer or the oven.
 2. Spray a 13x9x2-inch baking pan with vegetable cooking spray. Put marshmallows evenly in the bottom of the pan.
 3. Prepare cake mix according to package directions. Pour batter over marshmallows. Spoon cherry filling evenly over cake batter.
 4. Bake in a preheated 350-degree oven 45 to 50 minutes. The top of the cake will be bubbly and the marshmallows will be sticky on top of the cake. Carefully remove pan from oven with hot pads. Set cake pan on hot pads on counter. Don't forget to turn off the oven.
 5. Let cake cool in pan, then cut into squares with a sharp knife.

Makes about 15 servings.

Dried Cherry Recipes

Spiced Cherry Salad

Dried cherries add tangy flavor to this colorful salad.

- 1 cup dried tart cherries
- 1 (11-ounce) can mandarin orange sections, drained
- 2 kiwi, peeled and sliced
- 1/4 cup orange juice
- 1/4 cup sifted confectioners sugar
- 1/4 teaspoon ground cinnamon
- 1/4 cup slivered almonds, toasted

Put dried cherries, mandarin orange sections and kiwi slices in a salad bowl. Combine orange juice, confectioners sugar and cinnamon in a small bowl; mix well. Pour orange juice mixture over fruit mixture; mix gently. Refrigerate, covered, 1 to 2 hours, stirring occasionally. Sprinkle with toasted almonds just before serving. Makes 6 servings.

Carrots with Character

Plain carrots become an elegant side dish with cherries, nutmeg and ginger.

- 1 pound carrots, peeled and sliced
- 1/2 cup dried tart cherries
- 3 tablespoons maple-flavored syrup
- 2 tablespoons butter or margarine
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger

Cook carrots in water in a covered 2-quart saucepan 8 to 10 minutes, or until tender.

Drain well. Add dried cherries, maple syrup, butter, nutmeg and ginger to cooked carrots; mix to combine ingredients. Cook, stirring occasionally, over medium heat, 3 to 4 minutes, or until sauce is bubbly. makes 6 (1/2 cup) servings

TIPS

- Bread stuffing tastes better with the addition of dried tart cherries.
- Dried tart cherries make good additions to rice pilaf or rice pudding.
- Liven up green salads by sprinkling dried tart cherries over them.
- Add dried cherries to oatmeal or other cereals for a breakfast treat.

Oatmeal Cherry Cookies

This favorite cookie recipe gets a new taste with dried cherries.

- 1 cup (2 sticks) butter or margarine, softened
- 1 cup firmly packed brown sugar
- 1/2 cup granulated sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1-1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt (optional)
- 2 cups quick-cooking or old-fashioned oats, uncooked
- 1-1/2 cups dried tart cherries
- 1 cup semisweet chocolate chips

Put margarine, brown sugar and granulated sugar in a large mixing bowl. Beat with an electric mixer on medium speed 3 to 4 minutes, or until creamy. Add eggs and vanilla; beat well. Combine flour, baking powder and salt, if desired; add to egg mixture. Stir in oats, cherries and chocolate chips; mix well.

Drop by rounded tablespoonfuls onto an ungreased cookie sheet. Bake in a preheated 350-degree oven 10 to 12 minutes, or until golden brown. Let cool 1 minute on cookie sheet; remove to wire rack to cool completely. Store in a tightly covered container. Makes about 4 dozen.

Acorn Squash Bake

Dried cherries bring out the flavor of this easy-to-prepare side dish.

- 2 acorn squash
- 1/4 cup butter or margarine, melted
- 1/2 cup dried tart cherries
- 1/4 cup chopped pecans
- 3 tablespoons firmly packed light brown sugar
- 1/2 teaspoon cinnamon

Cut each acorn squash in half. Remove seeds and fiber. Place cut side down in baking pan with small amount of water in bottom. Bake in a 350-degree oven 45 to 50 minutes or until squash is tender and can be pierced with a fork. (Or place squash cut side down in a microwave-safe container. Add a little water. Microwave on High (100% power) 5 to 7 minutes, turning dish once. Continue cooking, if necessary, until squash is tender.)

Meanwhile, combine butter, cherries, pecans, brown sugar and cinnamon. Heat on top of stove or in microwave oven until butter melts. Fill center of each squash half with one-quarter of the cherry mixture. Mix some of the cooked squash with the cherry filling. Serve immediately. makes 4 servings

TIP - Give trail mixes new flavor with the addition of dried tart cherries. A combination of cherries, banana chips, chocolate chips and peanuts is particularly good.

Brie Torte

This tasty appetizer is easy to transport to parties and makes a great hostess gift.

- 1 (15- to 16-ounce) wheel Brie cheese
- 1/3 cup butter, softened
- 1/3 cup chopped dried tart cherries
- 1/4 cup finely chopped pecans
- 1/2 teaspoon dried thyme (or 2 teaspoons finely chopped fresh thyme)
- Crackers

Refrigerate Brie until chilled and firm; or freeze 30 minutes, or until firm. Cut Brie in half horizontally.

Combine butter, cherries, pecans and thyme in a small bowl; mix well. Evenly spread mixture on cut-side of one piece of the Brie. Top with the other piece, cut-side down. Lightly press together. Wrap in plastic wrap; refrigerate 1 to 2 hours. To serve, cut into serving size wedges and bring to room temperature. Serve with crackers. makes about 20 appetizer servings

Note: If wrapped securely in plastic wrap, this appetizer will keep in the refrigerator for at least a week.

TIP - Melt semisweet chocolate or white chocolate chips over low heat. Stir in dried cherries. Add toasted almonds, if desired. Mix until coated with chocolate. Spoon into waxed paper for a candy treat that kids and adults will love.

Firecracker Salsa

This spicy mixture wows traditional salsa lovers.

- 1/2 cup dried tart cherries
- 1/2 cup cherry preserves
- 2 tablespoons red wine vinegar
- 1/2 cup chopped red onion
- 1/2 chopped yellow bell pepper
- 1/4 chopped jalapeno peppers, or to taste
- 1 to 2 tablespoons chopped fresh cilantro
- 1 teaspoon lime or lemon juice

Combine dried cherries, cherry preserves and vinegar in a small microwave-safe bowl; mix well. Microwave on High (100% power) 1 to 1-1/2 minutes, or until hot. Let stand 5 minutes.

Stir in red onion, yellow bell pepper, jalapeno peppers, cilantro and lime juice.

Refrigerate, covered, 3 to 4 hours or overnight. Serve with grilled swordfish or tuna. Its also excellent as a topping for hamburgers. |makes about 1-1/2 cups; enough for 6 to 8 servings with a main course|

TIP - Add 1 cup of dried cherries to traditional cherry pie ã it increases the cherry flavor. Or add about 1/2 cup dried tart cherries to your favorite apple or peach pie recipe. The cherries complement the other fruit in the pie while adding flavor and color.

Cherry Orange Poppy Seed Muffins

These tasty muffins complement any meal.

- 2 cups all-purpose flour
- 3/4 cup granulated sugar
- 1 tablespoon poppy seeds
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1 cup milk
- 1/4 cup (1/2 stick) butter, melted
- 1 egg, slightly beaten
- 1/2 cup dried tart cherries
- 3 tablespoons grated orange peel

Combine flour, sugar, poppy seeds, baking powder and salt in a large mixing bowl. Add milk, melted butter and egg, stirring just until dry ingredients are moistened. Gently stir in cherries and orange peel. Fill paper-lined muffin cups 3/4 full.

Bake in a preheated 400-degree oven 18 to 22 minutes, or until wooden pick inserted in center comes out clean. Let cool in pan 5 minutes. Remove from pan and serve warm or let cool completely. makes 12 muffins

TIP - Tuck packages of dried tart cherries into lunch boxes. They make a great low-fat snack for kids and adults.

Holiday Recipes

Cherry Spiced Cider

This tasty beverage is a treat for youngsters.

- 1 quart apple cider
- 3/4 cup orange juice
- 1/4 cup maraschino cherry juice
- 1 (3-inch) stick cinnamon
- 1 strip (1/2x3-inches) orange peel
- 3 whole cloves
- 3 whole allspice
- 16 maraschino cherries
- 8 orange slice halves

Put apple cider, orange juice, maraschino cherry juice, cinnamon sticks, orange peel, cloves and allspice in a large saucepan; bring to a boil. Reduce heat; simmer 15 minutes. Strain out cinnamon sticks, orange peel, cloves and allspice. Place 2 maraschino cherries and 1 orange slice half in each of six mugs. Pour about 2/3 cup spiced cider over cherries. Serve warm.

Makes 8 servings.

Note: Spiced cider can be prepared in advance and reheated just before serving.

Dried Cherry Relish for Turkey

This tangy combo is great with roasted turkey.

- 1/2 cup dried tart cherries
- 1/2 cup cherry preserves
- 2 tablespoons red wine vinegar
- 1/2 cup chopped red onion
- 1/4 chopped yellow bell pepper
- 1/4 chopped green bell pepper
- 1tablespoons finely chopped fresh thyme (or 1/2 teaspoon dried thyme)

Combine dried cherries, preserves and vinegar in a small microwave-safe bowl; mix well. Microwave on High (100% power) 1 to 1-1/2 minutes, or until hot. Let stand 5 minutes.

Stir in red onion, yellow and green bell pepper and thyme; mix well. Refrigerate, covered, 3 to 4 hours or overnight. Serve as a sauce with roast turkey or chicken. This relish is also good with grilled hamburgers.

Makes about 1-1/2 cups.

Cherry Cinnamon Rolls

These are wonderful for a holiday breakfast or brunch.

- 1 (10-ounce) jar red or green maraschino cherries
- 1/4 cup firmly packed brown sugar
- 1 teaspoon ground cinnamon
- 1 (8-ounce) package crescent rolls
- 2 tablespoons butter, melted

Drain maraschino cherries; discard juice or save for another use. Chop cherries, then drain on paper towels. Combine brown sugar and cinnamon in a small bowl. Unroll crescent rolls; divide into triangles. Brush with butter. Sprinkle each triangle with about 1-1/2 teaspoons cinnamon-sugar mixture; top with 1 tablespoon cherries. Roll up dough toward pointed end of triangle. Place on lightly greased baking sheet. Brush with butter and sprinkle with remaining cinnamon-sugar mixture.

Bake in a 375-degree oven 12 to 15 minutes, or until golden brown.

Serve warm. Makes 8 servings.

Christmas Bread

Maraschino cherries, bananas and macadamia nuts are a perfect trio in this holiday quick bread.

- 1 (10-ounce) jar maraschino cherries
- 1/3 cup butter or margarine, softened
- 2/3 cup firmly packed brown sugar
- 2 eggs 1-3/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup mashed ripe bananas
- 1/2 cup chopped macadamia nuts or walnuts

Drain maraschino cherries, reserving 2 tablespoons juice. Coarsely chop cherries; set aside. Put butter, brown sugar, eggs and reserved cherry juice in a large mixing bowl. Mix with an electric mixer on medium speed 3 to 4 minutes, or until well mixed.

Combine flour, baking powder and salt; add to butter mixture alternately with mashed bananas, beginning and ending with flour mixture. Stir in cherries and nuts. Lightly spray a 9x5x3-inch baking pan with non-stick cooking spray. Spread batter evenly in pan. Bake in a preheated 350-degree oven 1 hour, or until golden brown and wooden pick inserted near center comes out clean. Remove from pan; let cool on wire rack. Wrap in plastic wrap or store in a tightly covered container.

Makes 1 loaf, about 16 slices.

Double Cherry Pie

The holidays would not be complete without at least one cherry pie.

- 4 cups frozen unsweetened tart cherries
- 1 cup dried tart cherries
- 1 cup granulated sugar
- 2 tablespoons quick-cooking tapioca or cornstarch
- 1/2 teaspoon almond extract
- Pastry for 2-crust, 9-inch pie
- 1/4 teaspoon ground nutmeg
- 1 tablespoon butter

Combine frozen cherries, dried cherries, granulated sugar, tapioca and almond extract in a large mixing bowl; mix well. (It is not necessary to thaw cherries before using.) Let cherry mixture stand 15 minutes. Line a 9-inch pie plate with pastry; fill with cherry mixture. Sprinkle with nutmeg. Dot with butter. Make a lattice top out of the remaining pastry. Seal and flute edge. Bake in a preheated 375-degree oven about 1 hour, or until crust is golden brown and filling is bubbly. If necessary, cover edge of crust with aluminum foil to prevent overbrowning.

Makes 8 servings.

Note: 2 (16-ounce) cans unsweetened tart cherries, well drained, can be substituted for frozen tart cherries. Dried cherries are available at selected supermarkets and gourmet and specialty food stores.

Ho Ho Surprises

Delight family and friends with these tasty cookies.

- 48 red or green maraschino cherries (about one 16-ounce jar)
- 1 cup butter or margarine, softened
- 1/3 cup confectioners' sugar
- 1/2 teaspoon almond extract
- 2-1/4 cups all-purpose flour
- 1/4 teaspoon salt
- 1/2 cup finely chopped pecans
- Confectioners' sugar

Drain maraschino cherries thoroughly on paper towels; set aside. Put butter and 1/3 cup confectioners' sugar in a large mixing bowl. Beat with an electric mixer on medium speed 3 to 4 minutes, or until well mixed. Stir in almond extract. Add flour and salt; mix well. Stir in pecans.

Shape about 2 teaspoons dough around each cherry. Place on an ungreased cookie sheet about 1 inch apart. Bake in a preheated 375-degree oven 12 to 15 minutes, or until set but not brown. Roll in confectioners' sugar while still warm. Let cool. If desired, roll in confectioners' sugar again.

Makes 4 dozen.

Ribbon of Cherry Cheesecake

Swirls of cherry make this cheesecake better than "visions of sugarplums."

- 1 cup sliced almonds
- 1 cup graham cracker crumbs
- 1/3 cup butter or margarine, melted
- 1 (21-ounce) can cherry filling and topping
- 3/4 cup plus 2 tablespoons granulated sugar, divided
- 2 tablespoons cornstarch
- 1/2 teaspoon almond extract
- 4 (8-ounce) packages cream cheese, softened
- 3 tablespoons amaretto liqueur
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- 3 eggs, slightly beaten

Toast almonds in a skillet over medium heat. Remove from heat; finely chop almonds. Combine almonds, graham cracker crumbs and butter in a medium bowl; mix well. Press crumb mixture evenly over the bottom and 2 inches up the sides of a 10-inch springform pan. Set aside.

Purée cherry filling in an electric blender or food processor until smooth. Pour puréed cherry filling into a medium saucepan. Combine 2 tablespoons granulated sugar and cornstarch; stir into cherry filling. Cook, stirring constantly, over low heat until mixture is thick and bubbly. Stir in almond extract. Set aside to cool.

Put cream cheese, remaining 3/4 cup sugar, amaretto, lemon juice and vanilla in a large mixing bowl. Beat with an electric mixer on medium speed 3 to 4 minutes, or until well mixed. Add eggs all at once; beat on low just until mixed.

To assemble the cheesecake, pour one-third of the cream cheese mixture into prepared crust. Top with about 1/3 cup cherry purée. Swirl cherry mixture into cream cheese mixture, using a knife or spatula. Repeat layers twice, ending with cherry purée. Reserve remaining purée.

Bake in a preheated 350-degree oven 60 to 65 minutes, or until the center appears nearly set when gently shaken. Cool on a wire rack. Refrigerate until ready to serve. To serve, spoon a generous tablespoon of purée on serving plate. Place cheesecake wedge on top of the purée.

Makes 16 servings.

Danish Butter Cookies

These make a pretty addition to holiday cookie trays.

- 3/4 cup butter, softened
- 1 cup granulated sugar
- 2 eggs
- 1 teaspoon lemon juice
- 1 teaspoon vanilla extract
- 2-1/2 cups all-purpose flour
- 21 red or green glacé (candied) cherries, cut in half

Put butter and sugar in a large mixing bowl. Beat with an electric mixer on medium speed 3 to 4 minutes, or until well mixed. Add eggs, one at a time, beating after every addition. Add lemon juice and vanilla; mix well. Add flour; mix well. Using a pastry bag with a star tip, squeeze dough (1-1/2 inches in diameter) onto an ungreased cookie sheet. Place a glacé cherry half in center of each.

Bake in a preheated 350-degree oven 12 to 15 minutes, or until light brown.

Makes 3-1/2 dozen.

Cherry Cheese Brownies

Cherries and cream cheese make these brownies festive.

- 1 (16-ounce) can dark sweet cherries
- 1 (15-ounce) brownie mix (8x8 pan size)
- 2 eggs, divided
- 1/4 cup vegetable oil
- 1 (3-ounce) package cream cheese, softened
- 2 tablespoons granulated sugar
- 3/4 cup flaked coconut
- 1 teaspoon almond extract

Drain cherries; reserve 1/4 cup cherry juice. Put brownie mix in a large bowl. Add 1 egg, oil and reserved cherry juice; mix well. Gently stir in cherries. Set aside.

Put cream cheese and sugar in a medium mixing bowl. Beat with an electric mixer 3 to 4 minutes, or until well mixed. Add remaining egg; mix well. Stir in coconut and almond extract.

Lightly grease an 83832-inch baking pan. Spoon brownie mixture evenly into pan. Spoon cream cheese mixture over brownie mixture. Use a knife to swirl cream cheese mixture into brownie mixture.

Bake in a preheated 350-degree oven 35 to 40 minutes, or until wooden pick inserted near center comes out clean. Let cool. Cut into squares or bars.

Makes 9 squares; 18 bars.

Note: 1/2 cup chopped pecans or walnuts can be substituted for coconut.

Cherry Blossoms

Bake these breakfast rolls as a holiday treat for family or neighbors.

- 2/3 cup sifted confectioners' sugar
- 1/4 cup milk
- 1 cup dried tart cherries, divided
- 1/4 cup coarsely chopped pecans
- 1 (14- to 16-ounce) loaf frozen white bread dough, thawed
- 2 tablespoons butter or margarine, melted
- 1/4 cup brown sugar
- 1-1/2 teaspoons ground cinnamon

Combine confectioners' sugar and milk in a small mixing bowl; mix well. Pour mixture into a 9-inch deep-dish pie pan. Sprinkle 1/2 cup of the cherries and pecans evenly over sugar mixture.

On a lightly floured surface, roll bread dough into a 12x8-inch rectangle; brush with melted butter. Combine brown sugar and cinnamon; sprinkle over dough. Top with remaining 1/2 cup cherries. Roll up rectangle, jelly-roll style, starting from a long side; pinch to seal edges. Cut roll into 12 slices.

Place slices, cut-side down, on top of mixture in pan. Let rise, covered, in a warm place 30 minutes, or until nearly double. (Or, cover with waxed paper, then with plastic wrap. Refrigerate 2 to 24 hours. Before baking, let chilled rolls stand, covered, 20 minutes at room temperature.)

Bake, uncovered, in a preheated 375-degree oven 20 to 25 minutes for unchilled rolls and 25 to 30 minutes for chilled rolls, or until golden brown. If necessary, cover rolls

with foil the last 10 minutes to prevent overbrowning. Let cool in pan 1 to 2 minutes. Invert onto a serving platter. Serve warm.

Makes 12 rolls.

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About Traverse Bay Farms:

Traverse Bay Farms was started by Jennifer LaPointe, a stay-at-home mom who was looking for a better way to encourage her family to eat healthier in spite of a busy schedule.

She frequently visited local farm markets to purchase fresh fruits and vegetables. During these visits, Jennifer discovered the many amazing health benefits of fruit for all generations. The idea of starting a gourmet fruit business based on healthy living and convenience took root. Traverse Bay Farms was born.

Backed by passion and the desire to offer a varied line of fruit-based products, her new company rapidly grew to offer the broadest selection of gourmet fruit and functional fruit products in the industry.

Traverse Bay Farms was the first company to offer convenient automatic monthly delivery of cherry juice concentrate, dried fruit and fruit supplements. Fruit Advantage (owned by Traverse Bay Farms) was the first brand created to offer a complete line of dietary supplements based solely on the antioxidant benefits of fruit.

The company is currently driven by Jennifer to be a leader in the “Fruit for a Healthy You” movement. It continues to offer innovative and exciting health products based on combining the antioxidant-rich benefits of fruit with the convenience required by today’s lifestyles.

The company is also a recipient of a “Special Tribute” from the State of Michigan. This “Special Tribute” was signed by Governor Jennifer Granholm, 105th District State Representative Kevin Elsenheimer and State Senator Jason Allen.



This "Special Tribute" was given to Traverse Bay Farms as the result of the company being voted the #1 and #3 best tasting salsa in America at America's Best™ Professional Food Competition.

America's Best™ Professional Food Competition is the largest professional food show and was held in Anaheim, California, August 15-17 2008. The America's Best™ Professional Food Competition is the most prestigious and most recognized gourmet product competition in the industry.

Traverse Bay Farms Products:

- **Fresh Tart Cherries:** Fresh tart cherries are the best way to get this tasty fruit. However, they are only available for a few short weeks during the summer harvest. Thus, finding fresh cherries may be very difficult. We ship fresh cherries from mid-July to mid-August.

- **Dried Tart Cherries:** Dried cherries make an excellent snack. They also make a great addition to your morning cereal. A ¼ cup of dried cherries delivers 3,060 ORAC units and 15% of the recommended daily allowance of fiber. We offer dried cherries in both 8 oz. bags and in 25 lb. bulk boxes.



- **Tart Cherry Juice Concentrate:** It takes about 100 cherries to make one ounce of tart cherry juice concentrate. According to recently published in Nutritional Practitioner, 25ml of cherry juice concentrate has an ORAC value of 8,290. The ORAC level of cherry juice was 8,260 compared to 1,790 of the various fruits and vegetables used in the study. The study used Montmorency tart cherries grown in the USA. The 8,260 ORAC



value it above the daily recommended range of 3,000 – 5,000 ORAC units recommended.



- **Tart Cherry Capsules:** Tart cherry capsules are the easiest and most convenient way to get the natural benefits of the tart cherry. We offer free shipping on our tart cherry capsules. – As a dietary supplement for adults -

- **Cherry Prime - Tart Cherry + Glucosamine and Chondroitin:** Cherry Prime is a patented formula designed to promote flexibility*, range of motion* and comfort*. By combining these three ingredients into a patent-pending formula, Cherry Prime is at the leading edge of super fruit supplements. We offer free shipping on Fruit Advantage Cherry Prime – As a dietary supplement for adults -



- **Tart Cherry Powder:** Tart cherry powder has been the subject of many leading magazine articles and used in tart cherry research. In a recent edition of Arthritis Today, tart cherry powder was mentioned as a way to maintain healthy joints* We offer tart cherry powder in 4 oz. bags and each 4 oz. bag is a 93-day supply. – As a dietary supplement for adults - Learn more about tart cherry powder at

- **Award Winning Fruit and Gourmet Salsas:** Our salsas' were voted #1 in America two years in a row at America's Best Food Competition. It is the largest food competition in the nation. We offer cherry, red raspberry, pineapple, peach, corn and black bean salsa. Feel free to visit our site to learn more at



[Click Here to Learn More about Healthy Products Your Kids can Enjoy](#)

Here is an overview of the 2008 awards won by Traverse Bay Farms at Americas Best™ Professional Food Competition:

Salsa General - All Category:

1st PLACE: Traverse Bay Farms - Peach Salsa

Salsa - Fruit Category:

3rd PLACE: Traverse Bay Farms - Peach Salsa

In addition to winning in 2008, Traverse Bay Farms was also voted America #1 salsa in 2007. Here is an overview of the 2007 awards.

Salsa - Fruit Category:

1st PLACE: Traverse Bay Farms - Pineapple Salsa

3rd PLACE: Traverse Bay Farms - Raspberry Salsa

Salsa - Bean Category:

1st PLACE: Traverse Bay Farms - Bean Salsa

Salsa General - All Category:

2nd PLACE: Traverse Bay Farms - Corn Salsa

The Food Network Celebrity Chef



Here is what Michelle Bommarito, a Celebrity Chef said about our Winning Salsas!

"I was so excited to discover your salsa! It's not only great tasting, but full of quality, all-natural ingredients."

Chef Michelle Bommarito, a frequent guest on the Food Network