How to eat Cherries:

- Cherries are an excellent on-the-go snack. Just rinse and they are ready to eat.
- Cherries are a great addition to a smoothie. Be sure to remove the pits. Try frozen cherries for a cool summer treat.
- Heat pitted cherries in the microwave with 1 teaspoon of cornstarch to make a tasty cherry sauce that is a great topping for Greek yogurt.

Cherries grow season is short, just from June to August, so grab some now while you can. Cherries are packed with antioxidants, specifically anthocyanins that have anti-inflammatory properties. One cup of cherries has only 97 calories, 3g of fiber and 341mg of potassium. The potassium in cherries is a natural blood pressure reducer, they have the same amount of potassium as a small banana. Other antioxidants they contain include beta carotene, vitamin c, anthocyanins and quercetin which are important cancer fighters. Sweet cherries contain the most antioxidants, mostly in their skins. The riper the more antioxidants they produce. When buying cherries look for ones that are darker in color. Bright green stems indicate that they are fresh.

Recipe:

Cherry-Almond Farro Salad

Makes: 4 servings

Ingredients:
- 1 cup Farro
- 2 cups water
- ¼ tsp. salt
- ¼ cup balsamic vinegar
- 3 tbsp. extra virgin olive oil
- 2 cups sweet cherries, pitted and halved
- ½ cup slivered almonds, toasted
- 3 tbsp. finely diced red onion
- 2 tbsp. chopped fresh mint

Directions:
1) Combine Farro, water and ¼ tsp of salt in a medium saucepan and bring to a boil. Reduce heat to a simmer and cook for 20 minutes or until tender.
2) Wisk together vinegar, oil, salt and pepper, to make a dressing.
3) Combine remaining ingredients with the dressing and gently stir to combine.

Nutrition Facts: 334 calories, 8g protein, 44g carb, 9g fiber, 13g sugar, 16g fat, 2g saturated fat, 0mg cholesterol, 338 sodium
How to eat Avocado:

- Sliced avocado is a great addition to sandwiches, salads and wraps. Use avocado in replacement of cheese or mayonnaise.

- Avocado toast has become a popular combination with endless possibilities. Toast a slice of your favorite bread and mass some avocado on top with a fork. Sprinkle some salt and pepper for a quick and healthy snack.

- Add some avocado to your smoothie recipe for a smoother texture.

Avocado’s are known for their high fat content, most of which is a heart healthy monounsaturated fat. In addition to fat, avocados are a good source of fiber, vitamin K, folate, potassium and vitamin C. One cup of avocado is 240 calories and 9g of fiber. Avocados are unique because they contain carotenoids (Vitamin A) which are commonly found in sweet potatoes, carrots and leafy greens. Research has found that carotenoids are better absorbed in combination with fat. You will not only absorb the carotenoids better from the avocado but from other foods as well. When purchasing avocados, look for ones that are slightly soft but have no dark sunken spots or cracks.

Recipe:
Avocado Chocolate Mousse

Makes: 4 servings
Ingredients:
- 2 medium, ripe avocados
- ¼ cup of unsweetened soymilk
- 2 tbsp. raw cocoa powder
- ½ bar high quality dark chocolate, melted
- 2-3 dates, pitted
- ½ tsp of vanilla extract

Directions:
1. Melt the dark chocolate over a stovetop or in the microwave.
2. Combine the melted chocolate sauce with the remaining ingredients in a blender.
3. Blend until creamy.
4. Top with shredded coconut or fresh berries.

Nutrition Facts: 176 calories, 3g protein, 18g carbohydrate, 7g fiber, 9g sugar, 12g fat, 3g saturated fat, 0mg cholesterol, 14mg sodium.