



DELICIOUS AND QUICK RECIPES WITH CHERRIES

1. Cherry smoothie

- Blend de-seeded cherries to make a puree, and add yogurt, honey, chia seeds, and almond paste to it.
- Blend again and serve chilled with a garnish of cherries and raisins.



2. Summer mixed cherry bowl

- Prepare the dressing of honey, lemon juice, lemon zest, salt, and pepper to taste.
- Prepare a bowl of freshly cut cherries, watermelon balls, cucumber, and microgreens. Drizzle the dressing and top with feta cheese.

3. Cherry chia pudding

- Make the chia seed base by whisking together coconut milk, almond butter, maple syrup, vanilla, sea salt, and chia seeds, and freeze overnight.
- Prepare the cherry syrup by boiling the cherry pulp with cinnamon sticks and coconut sugar. Let it cool, and remove the cinnamon sticks.
- Take a dollop of the chia base, top it with the cherry syrup, and serve.

