



DOMEX
superfresh™
growers

Cherries

Cherry-Berry Smoothie

Yield: 4 12 oz servings

3 cups frozen pitted Superfresh Growers cherries (unsweetened)

3 cups frozen whole strawberries (unsweetened)

3 cups cran-cherry juice

In a blender, puree half the frozen pitted dark sweet cherries, half the frozen strawberries and half the cran-cherry juice, stirring as needed, until smooth.

Pour into two serving glasses. Repeat with remaining ingredients for two more servings.

Optional:

Replace frozen cherries with 2 cans pitted dark sweet cherries, well-drained, and 6 ice cubes.

Thanks to the NW Cherries for providing
these great recipes, www.nwcherries.com.