



**EAT THIS
NOW**

Sweet Cherries

GOOD FOR YOU

Sweet cherries get their colour from anthocyanins, which are found in red and blue fruits and vegetables. These antioxidants help protect against cancer and heart disease, as well as reduce post-run inflammation. One cup of pitted cherries contains three grams of fibre, two grams of protein, and fewer than 420 kilojoules.

GET THE BEST

Choose cherries that have firm flesh and a glossy sheen, free of blemishes or bruises. Bing cherries are among the most popular of the sweet varieties and have a deep red colour. Another is Rainier – its skin is golden yellow with a red blush. Store cherries unwashed in a plastic bag in the refrigerator for up to four days.

KITCHEN SIMPLE

Fresh sweet cherries provide a burst of juicy flavour in home-made muffins. For a sweet-spicy salsa, combine chopped cherries with green onions, coriander, garlic and jalapeno. Or make a post-run smoothie by blending together 1 cup pitted cherries, $\frac{3}{4}$ cup plain yoghurt, 2 tablespoons honey, and $\frac{3}{4}$ cup ice.
– YISHANE LEE