



Chilled Cherry Dessert

Prep: 20 minutes plus chilling • Serves: 4

- 4 cups pitted fresh sweet cherries
- 1 cup vanilla yogurt plus additional for garnish
- ½ cup white grape juice
- 1 tablespoon honey
- 1 pinch cinnamon
- 1 splash Triple Sec or Grand Marnier liqueur (optional)
- Toasted slivered almonds (optional)

1. In blender or bowl of food processor with knife blade attached, purée cherries 5 to 10 seconds or until cherries are coarsely chopped. Scrape down bowl, and add yogurt, juice, honey, cinnamon and liqueur, if desired. Purée 5 to 10 seconds or just until combined (mixture will be slightly chunky).

2. Transfer mixture to large pitcher. Cover and chill at least 1 hour before serving.

3. To serve, pour into glasses or bowls. Garnish each with yogurt and almond slivers, if desired.

Approximate nutritional values per serving: 173 Calories, 3g Fat (16% of total calories), 1g Saturated Fat (5% of total calories), 8mg Cholesterol, 31mg Sodium, 35g Carbohydrates, 3g Fiber, 4g Protein

*Dietary Exchanges:
2 Starch; ½ Protein; 1 Fat*