



Glow up with Fresh, Sweet Northwest Cherries

Summer is here, and everyone deserves a glow up to feel their best this season. Of course, looking good on the outside relies, in part, on what goes inside. One snack provides a powerful punch of glow-friendly nutrition in a convenient, compact and naturally delicious package: sweet Northwest cherries.

Sweet cherries are more than a treat; they are a powerhouse of goodness! Here are 5 ways they can help you maintain a healthy glow all summer long.

1

Healthier skin

Sweet Northwest cherries give skin a boost of nourishment, especially darker varieties, like Bing cherries, which are rich in antioxidants. Antioxidants help stabilize free radicals that can otherwise lead to oxidative stress that, in turn, may speed skin's aging. Sweet cherries are also packed with vitamin C, which plays a crucial role in collagen production for a healthy complexion.

2

Reduced stress

Sweet cherries are a natural source of serotonin, which studies have found to be an important factor in reducing stress and improving mood. The phenolics in cherries, which work as antioxidants, also appear to offer some protection against cell-damaging oxidative stress. Plus, adding sweet cherries to the weekly shopping list can alleviate another type of stress: finding a tasty and nutritious snack that will please the entire family.

3

Better sleep

In addition to being a natural, plant source of serotonin, sweet cherries have melatonin and tryptophan. In studies, these three compounds have been shown to help improve the quantity and quality of sleep, both of which are critical to giving the body — including the skin — ample time for repair and restoration. Consuming a serving of cherries about an hour before bedtime may aid in stabilizing and regulating sleep patterns.

4

Revived muscles

Sweet cherries contain anthocyanins, which give Bing cherries their deep red color and have anti-inflammatory properties. Such qualities have been shown to help muscles recover more quickly after exercise, making cherries an ideal accompaniment to a range of summertime activities.

5

Steady energy

The whole family can keep glowing with the high-fiber, low-glycemic-index benefits of sweet cherries. Sweet cherries boast a lower glycemic index than most other fruits, helping blood sugar stay level while spoiling taste buds all summer long. A cup of sweet cherries also delivers about 3 grams of fiber, making sweet cherries a perfect grab-and-go snack with staying power.



Drink your Cherries

Power a summertime glow with these simple, delicious recipes featuring sweet Northwest Cherries.



2 Cherry Citrus Punch

Ingredients:

- 2 cup Northwest Cherries, pitted
- 2 cups chilled orange juice
- 2 cups chilled lemon-lime flavored soda
- 1 can (8 oz) pineapple chunks in juice, chilled and drained
- 1 orange, peeled and sectioned

Instructions:

Place cherries in single layer on baking sheet, freeze until firm. Blend orange juice, soda, pineapple with juice, and orange sections in a pitcher. Pour into glasses to within 2 inches of top. Divide frozen cherries between glasses. Serve with spoons.

1 Chocolate Cherry Smoothie

Ingredients:

- 2 cups Northwest Cherries - fresh or frozen
- 1 cup unsweetened almond milk or any milk of your choice
- 2 tbsp raw cacao powder (or cocoa powder)
- 1 tbsp chia seeds
- 1 scoop protein powder (plain, vanilla or chocolate) or Greek yogurt (plain or vanilla)
- Ice, if not using frozen cherries



Instructions:

Mix together and blend



3 Cherry Margarita

Ingredients:

- 1 cup Northwest Cherries, pitted and halved
- 1/4 cup tequila
- 2 tbsp fresh lime juice
- 2 tbsp sugar
- 2 tbsp orange liqueur
- 2 cups crushed ice, divided
- lime juice
- kosher salt
- 2 Northwest Cherries with stems

Instructions:

Combine cherries, tequila, lime juice, sugar, orange liqueur and 1 cup crushed or cubed ice in a container. Either shake and serve on the rocks or blend until mixture becomes slushy.

Dip the rims of 12-ounce cocktail glasses in lime juice, then dip in salt. Pour cherry mixture into glass. Garnish each with a cherry with stem.

For more recipes, health facts, preservation tips — to maintain a glow year-round — and inspiration on incorporating sweet cherries into everyday diets, visit: www.nwcherries.com.