

# Great Tasting and Healthy Cherry Recipes



*We would like to thank Traverse Bay Farms with Tart Cherry  
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recipes*

# Kid Recipes

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## Cherry S'mores

*Makes 6 Servings.*

- 1/2 cup marshmallow crème
- 1/2 cup dried tart cherries
- 1/4 cup semisweet chocolate chips
- 12 graham cracker squares (2\* inches each)

Put marshmallow crème, cherries and chocolate chips in a medium bowl and mix well.

Place 6 of the graham crackers on a microwave-safe plate.

Spoon a heaping tablespoon of marshmallow mixture on each cracker.

Top with remaining crackers.

Microwave uncovered, on High (100% power) 30 to 45 seconds, or until marshmallow mixture is soft and warm. Carefully remove plate from the microwave and set on a hot pad. Let S'mores cool slightly before eating them.

**Note:** To prepare in a conventional oven, place 6 of the graham crackers in an ovenproof baking dish. Proceed as above.

Bake in a preheated 350-degree oven 2 to 3 minutes, or until marshmallow mixture is soft and warm.

Remove baking dish from the oven with hot pads and set on a hot pad on the counter.

Let S'mores cool slightly before eating them.

## Dessert To Go

*Ice cream cones never tasted so good.*

*Makes 6 Servings.*

- 1 jar (10-ounce) maraschino cherries
- 3 cups whipped topping
- 1 package (4-serving-size) any flavour instant pudding  
(chocolate is good!)
- 1 3/4 cups cold milk
- 6 flat-bottom ice cream cones
- Coloured sprinkles and/or maraschino cherries, for garnish

Put a colander or strainer in a bowl.

Pour cherries into the strainer, draining the juice into the bowl.

Save the juice to add to orange juice or other drinks; you do not need the juice for this recipe.

Put the drained cherries on a cutting board.

With a sharp knife, carefully cut each cherry in half.

Have an adult show you how to use the knife. Set aside.

Prepare pudding according to package directions using 1-3/4 cups cold milk.

Refrigerate pudding 10 minutes.

Meanwhile, put cherry halves in a large mixing bowl.

With a rubber spatula, scoop whipped topping into the bowl. Stir gently until cherries are mixed with whipped topping.

Fill each cone with 1/4 cup pudding.

Top each with 1/2 cup cherry mixture.

Decorate with coloured sprinkles or a maraschino cherry.

Serve immediately. This dessert is best eaten with a spoon.

## Critter Munch

*Delight your friends with this fun snack.*

*Makes 6 cups.*

- 1 1/2 cups animal cracker cookies
- 1/2 package (6-ounce) cheddar  
or original flavour goldfish crackers (1 1/2 cups)
- 1 cup dried tart cherries
- 1 cup M & M's plain candy
- 1 cup honey roasted peanuts

Put animal crackers, goldfish crackers, dried cherries, M& Ms and peanuts in a large mixing bowl.

Carefully stir with a spoon.

Store in a tightly covered container at room temperature.

### Party Cheese Ball

*Save time by preparing this appetizer in advance.*

- 1/2 cup maraschino cherries (about 14)
- 2 packages (8-ounce) cream cheese, softened
- 1 can (8-ounce) crushed pineapple, well drained
- 1 cup walnuts, chopped
- Crackers or cut-up vegetables

Drain maraschino cherries on paper towels.

Chop cherries and drain again.

Beat cream cheese with electric mixer on medium speed 3 to 4 minutes, or until cream cheese is smooth.

Stir in pineapple and cherries. Refrigerate until firm, about 1 hour.

Shape cheese mixture into two (4-inch) balls.

Roll cheese balls in walnuts, pressing nuts into surface to adhere.

Refrigerate about 1 hour or until chilled.

Serve as a spread with crackers or vegetables. Makes 2 (4-inch) cheese balls.

**Tip:** You can prepare this appetizer in advance, and then freeze it for later use. Allow cheese balls to thaw in refrigerator before serving.

## Pretty in Pink Pie

*This dessert looks great and tastes even better.*

*Makes 6 to 8 servings*

- 1 jar (16-ounce) red maraschino cherries
- 4 cups miniature marshmallows
- 1 container (8-ounce) frozen whipped topping, thawed
- 1 graham cracker crust (6-ounce)

Drain maraschino cherries, saving the juice.

Put marshmallows and maraschino juice in a large saucepan.

Heat over a low heat and stir constantly. Wait until marshmallows are melted and smooth.

Let cool completely, stirring occasionally to prevent a skin forming on mixture.

Reserve 6 to 8 cherries for garnish; quarter remaining cherries.

Fold 2 cups whipped topping and quartered cherries into marshmallow mixture.

Spread into graham cracker crust.

Refrigerate at least 2 hours or until firm.

Garnish with reserved maraschino cherries and remaining whipped topping.

## Maraschino Cherry Shake

*This cool combo will please family and friends.*

*Makes 2 (12 ounce) servings.*

1 jar (10-ounce) maraschino cherries  
3 tablespoons maraschino cherry juice  
3 cups vanilla ice cream  
Whipped topping  
Whole maraschino cherries, for garnish

Put a colander or strainer in a bowl.

Pour cherries into the strainer.

Measure out 3 tablespoons of juice and put it in a small container.

You will use these 3 tablespoons of juice to prepare this recipe.

You can either discard the remaining juice or save it for another use.

Put cherries from the strainer onto a cutting board. With a sharp knife, carefully cut cherries into small pieces.

Have an adult show you how to use the knife.

Put chopped cherries, 3 tablespoons juice and ice cream in the container of an electric blender or food processor. Cover blender.

Process or blend until smooth.

Do not put a spoon or spatula in the blender while it is running and keep your hands clear of the working parts.

Pour into 2 (12-ounce) glasses.

Top with whipped topping. Garnish with whole maraschino cherries.

## Kid's Cherry Smoothie

*This is a refreshing pick-me-up any time of day.*

*Makes 4 (8-ounce) servings.*

- 2 cups frozen tart or sweet cherries
- 1 ripe banana, peeled
- 1 cup cherry juice blend (or other juice)
- Maraschino cherries, for garnish

Put frozen cherries, banana and cherry juice blend in container of electric blender or food processor.

Cover container.

Process or blend until smooth.

Do not put a spoon or spatula in the blender while it is running and keep your hands clear of the working parts.

If necessary, turn blender off; remove cover.

Scrape sides of container with a spatula.

Cover and puree until smooth.

Pour into individual serving glasses.

Garnish with maraschino cherries, if desired. Serve immediately.

## Maraschino Lemonade Pops

*Makes 8 servings.*

*This treat is delicious; share it with your friends.*

- 1 jar (10-ounce) maraschino cherries
- 1 can (12-ounce) frozen pink lemonade concentrate, partly thawed
- 1/4 cup water
- 8 paper cups (3-ounce)
- 8 Popsicle sticks

Put a colander or strainer in a bowl.

Pour cherries into the strainer, saving the juice in the bowl.

Put one whole cherry in each paper cup.

Put the remaining cherries on a cutting board.

With a sharp knife, carefully cut cherries into small pieces.

Have an adult show you how to use the knife.

Put chopped cherries, lemonade concentrate, water and the juice you've saved from the jar of cherries in the container of an electric blender or food processor.

Cover blender or processor.

Puree or blend until smooth.

Do not put a spoon or spatula in the blender while it is running and keep your hands clear of the working parts.

Fill paper cups with equal amounts of cherry mixture.

Freeze for 30 to 40 minutes, or until very slushy.

Place Popsicle sticks in the centre of each cup.

Freeze 1 hour longer, or until firm.

To serve, peel off paper cups.

## Cherry Mallow Cake

*You'll like this cake -- the marshmallows melt and rise to the top for a glaze.*

*Makes about 15 servings.*

4 cups miniature marshmallows (about 3/4 of a 10-1/2-ounce package)  
1 package (18-1/4-ounce) yellow cake mix  
1 can (21-ounce) cherry pie filling

If you have not cooked before, ask an adult to help you with this recipe.  
It's an easy recipe, but you may not be familiar with using a mixer or the oven.  
Spray a 13x9x2-inch baking pan with vegetable cooking spray.  
Put marshmallows evenly in the bottom of the pan.  
Prepare cake mix according to package directions.  
Pour batter over marshmallows.  
Spoon cherry filling evenly over cake batter.  
Bake in a preheated 350-degree oven 45 to 50 minutes.  
The top of the cake will be bubbly and the marshmallows will be sticky on top of the cake.  
Carefully remove pan from oven with hot pads.  
Set cake pan on hot pads on counter.  
Don't forget to turn off the oven.  
Let cake cool in pan, then cut into squares with a sharp knife.

*Serve with a Smile.*