

# Cherries and Berries from Chile—Amazing Winter Wonderlands of Flavor

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(NAPSA)—It's hard to believe that sweet, juicy cherries, deep purple succulent blueberries and rich red raspberries are easily found in your supermarket from



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Thanksgiving to well past Valentine's Day, but it's true! Thanks to the experts at the Chilean Fresh Fruit Association, we have an abundance of outstanding fresh fruits

to choose from during our winter months. Luckily for us, it's summer in Chile when it's winter in America. On top of the delicious flavor and incredible color of Chile's cherries and berries, these fruits contain powerful health-promoting antioxidant phytonutrients that may help prevent coronary artery disease and certain cancers and protect against the effects of aging. So convenient to eat as a snack and so easy to use in recipes, these delightful little bundles of nutrition are also good sources of vitamin C and dietary fiber.

Eating a colorful variety of fruits and vegetables—at least one serving from each of five color groups (blue/purple, green, white, yellow/orange and red) daily—may seem daunting in the winter, but not when you have such a great choice of fruits from Chile. Sprinkle raspberries on your cereal in the morning, add berries to muffin mixes or serve Cherry Berry Sauce over waffles on Saturday. Take some dark, sweet cherries to the office for lunch or a late morning snack. When it comes to dinner, the possibilities are endless. Add berries and cherries to your winter fruit salads, sprinkle on frozen yogurt, or serve Cherry Berry sauce over toasted slices of pound cake. Berries are great baked into tarts and cobblers or used with yogurt and granola to build a delicious parfait. Keep cherries and berries refrigerated until ready to eat and wash them just before you are ready to serve, not before. For more information on fresh fruits from Chile, visit [www.cffausa.org](http://www.cffausa.org). For more information about 5 A Day The Color Way and the health benefits of eat-



ing a colorful variety of fruits and vegetables, visit the Web site [www.5aday.com](http://www.5aday.com) and [www.aboutproduce.com](http://www.aboutproduce.com).

## Cherry Berry Sauce

**Preparation Time: 15 minutes**

**Number of 5 A Day servings: 1½**

**Makes 6 generous ⅓ cup servings**

- 1½ cups unsweetened apple juice**
- ¼ cup sugar**
- 1 tablespoon butter**
- 1 cup blueberries, divided in two portions**
- 1 cup raspberries, divided in two portions**
- 1 cup pitted dark sweet cherries**
- ¼ teaspoon almond flavoring**
- ½ cup miniature marshmallows**

Place juice, sugar, butter and half the berries into a medium size saucepan and bring to boil on medium heat, stirring often. Cook gently for about 3 minutes. Remove from heat and using a stick or wand blender (a full sized blender may be used), carefully puree hot mixture until no whole fruits remain.

Add remaining berries, cherries, almond flavoring and return to heat. Cook for about 3-4 minutes at a low boil. Remove from heat, add marshmallows and stir until melted. Serve warm over hot waffles, pancakes, French toast, ice cream or pound cake.

**Nutritional information per serving: calories: 133, total fat: 2g, saturated fat: 1g, % calories from fat: 16%, protein: 1g, carbohydrates: 28g, cholesterol: 5mg, dietary fiber: 2g, sodium: 25mg**

*Note to Editors: Chilean berries and cherries remain in peak-of-season until February. Fifth in a series of monthly 5-A-Day columns, with more stories featuring fruits and vegetables at [www.napsnet.com](http://www.napsnet.com) and search: "Pivonka."*