



## 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 (1g Saturated), 8mg Cholesterol,  
31mg Sodium, 35g Carbohydrates, 3g Fiber, 4g Protein*