

  
If I could be a berry, I would  
choose to be a cherry,  
So round and red and sweet,  
Hey, wait a minute, I think I  
want to be a pear!



Some cherries are just never happy!



But I bet this may sweeten some of you to at least  
think of cherries in a different light.

Now you know about antioxidants?

Brief review, Antioxidants fight disease causing compounds  
that have been linked to heart disease and cancer as well as Alzheimer's.

Foods high in antioxidants are giving a TAC ( this stands for **total, antioxidant capacity**) Anything with a score of over 2000 is very good. This means they are rich in Antioxidants.  
Although cherries don't compare to dried Plums at 14, 582 and blueberries at 9,019  
Cherries should not be overlooked at a score of 4, 873. And pears don't score at all, so maybe someone  
can tell that bowl of cherries, that berries are where the party is at.

And on that note, how about a

### Plan Worthy Cherry Salad

The state of Michigan has more cherry crops than any other state, they are in  
fact the leading producer of tart cherries by 70%.

Nice to know fact~and now for a summer salad.

#### Ingredients

1 cup of cherries (fresh if you have them and certainly not the sour ones, the  
nice, juicy red ones.)

1/4 cup sliced almonds

1/4 ts almond extract

1/2 cup of plain yogurt

2 Tb of liquid honey

2 cups baby spinach but mixed greens would be ideal too)

## How To:

First pit 1/2 cup of cherries and add to yogurt and honey, almond extract and puree.

Set aside. Mix greens and the rest of the pitted cherries and slice in half  
and top with almonds.

Pour dressing on top a little at a time, you don't want to drown your spinach, and garnish with one whole  
cherry.

Makes for a unique mix! At least David thought so,  
I served this last night with cod that I had breaded with multi grain crackers  
and ghee, it was wonderful.

Let me know what you think?

[www.Iwantitall.net](http://www.Iwantitall.net)

"DO WHAT YOU LOVE AND  
PEOPLE WILL LOVE WHAT YOU DO"