



RECIPE

CHERRY-COCOA-PISTACHIO ENERGY BALLS

Ingredients

- ✓ 1 ½ cups dried cherries
- ✓ ¾ cup shelled salted pistachios
- ✓ ½ cup almond butter
- ✓ 3 tablespoons cocoa powder
- ✓ 4 tablespoons pure maple syrup
- ✓ ½ teaspoon ground cinnamon

Instructions

1. Combine cherries, pistachios, almond butter, cocoa powder, maple syrup and cinnamon in a food processor. Pulse until finely chopped, 10 to 20 times, then process for about 1 minute, scraping down the sides as necessary, until the mixture is crumbly but can be pressed to form a cohesive ball.
2. With wet hands (to prevent the mixture from sticking to them), squeeze about 1 tablespoon of the mixture tightly between your hands and roll into a ball. Place in a storage container. Repeat with the remaining mixture.

CHERRY SORBET

Ingredients

- ✓ 4 cups pitted sour or sweet cherries, fresh or frozen (not thawed)
- ✓ 1 cup water
- ✓ 2-4 tablespoons confectioners' sugar or superfine sugar

Instructions

1. Puree cherries, water and sugar to taste in a blender until smooth.
2. Strain through a fine sieve, pressing on the solids to extract as much liquid as possible. (Discard solids.)
3. Process in an ice cream maker according to the manufacturer's directions until firm and slushy.
4. Transfer to an airtight container and freeze until ready to serve.

