

Go for the red – sweet cherries

Summer is the best time to indulge in various fruits that are in season. One of the two common forms of cherries, also known as sweet cherries, is in season during June and July in Ontario. Cherries don't have to be just a summertime treat! They can be easily frozen to be enjoyed all year round.

Considered as a "super fruit", one cup (250mL) of raw sweet cherries provides 81 calories. Sweet cherries are loaded with antioxidants and are a source of vitamin C, potassium and also a source of dietary fibre.

We often associate cherries with pies or preserves. Why not try something different which you can eat as part of your breakfast or snack, like a cherry scone? Here is a recipe for you to enjoy:

Sweet Cherry Scones

Servings: 12 scones

Ingredients

1½ cups whole Ontario Sweet Cherries	2 tbsp each of cold butter and vegetable oil (or non-hydrogenated margarine for a healthier option)
2 cups all-purpose flour (or whole wheat flour for a healthier option)	
2 tbsp granulated sugar	¾ cup milk (or low-fat milk for a healthier option)
1 tbsp baking powder	1 tsp vanilla
½ tsp salt	

Adapted from: [Foodland Ontario](#)

1. Pit cherries and coarsely chop. Drain on paper towel.
2. In a large bowl, stir together flour, sugar, baking powder and salt.
3. Using pastry blender or fingers, work in butter until in small bits.
4. Stir in drained cherries.
5. Make a well in centre. Stir together oil, milk and vanilla. Pour into well and stir just until firm dough forms.
6. Turn out onto lightly floured surface. Knead three times.
7. Divide in half. Pat each half into ¾ inch thick 6-inch circle. Cut each into six wedges.
8. Lightly grease or coat baking sheet with cooking spray.
9. Place scones slightly apart on sheet.
10. For sparkle, sprinkle tops with 1 tbsp more sugar.
11. Bake on rack above centre of 450°F (230°C) oven until golden, 10 to 12 minutes.

For more information:

[Foodland Ontario](#)

Do you have questions on nutrition and healthy eating? Contact *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.