

Tart cherries to treat your ills and tempt your tastebuds



You don't have to believe in the health benefits of tart cherry juice to enjoy the flavor, and you don't have to get it in a pill. Tart cherries and tart cherry juice can be used in [smoothies](#), drinks, desserts and salads. There are a couple of ways to get tart cherry juice or tart cherries naturally rather than trusting a pill to provide everything that is good in them.

Several medical studies have found benefits for tart cherry juice. These include a study from Oregon Health & Sciences University that showed that long-distance runners had less pain during and after the race. Studies have found it may be beneficial for knee osteoarthritis and gout. It may also help you sleep.

[Oregon Fruit Products](#) sells local red tart pitted cherries in red tart cherry juice, either in glass jars or in cans. They are Montmorency cherries, grown locally - non-GMO and all-natural. The cherries are picked ripe and canned locally. They can be added to yogurt for breakfast, eaten from the jar, or blended in smoothies. Look for them in the iconic Oregon cans or jars in your supermarket fruit/pie filling aisle or specialty stores.

[Biotta Tart Cherry Juice](#) is available at Whole Foods, Target, and Safeway. It is USDA-certified organic and Non-GMO Project verified. It is simply 100% tart cherry juice in a 16.9-ounce (500 mL) bottle. The suggested serving is one cup, 8 ounces, once or twice per day. That's the equivalent of eating 100 tart cherries in each serving. The juice also has a big dose of vitamin C and it is a good source of potassium.

You can add the tart cherry juice or tart cherries to a smoothie for a great pre-workout breakfast or post-workout recovery smoothie. Even if you aren't going to be exercising, it makes a good snack or refresher.

Tart Cherry Recovery Bites

- 1 ¼ cups of Biotta Tart Cherry Juice
- 1/4 cup unflavored gelatin
- 1/3 cup honey
- optional: add a cup of Oregon Fruit Products red tart cherries

Directions: In a small mixing bowl, stir together the juice and the gelatin until the gelatin is fully dissolved. Pour the mixture into a small saucepan on low-medium heat and add the honey. Continue to stir but make sure the mixture does not boil. Then, remove from heat, allowing it to slightly cool before pouring into a hard candy sheet mold to set. Allow it to cool for about 10 minutes before placing in the refrigerator and allow at least 30 minutes in the fridge to set.

Tart Cherry Refresher

- 1 ½ cup of Biotta Tart Cherry Juice
- 2 medium ripe bananas (frozen)
- 1 cup coconut water
- 1 teaspoon agave nectar, sweetener to taste
- 1/2-1 cup of ice (optional)
- 1/2 cup Oregon Fruit Products Red Tart Cherries (optional)

Directions: Combine all ingredients in a blender and blend until smooth and creamy. Drink immediately after.