

FUEL UP

Fabulous Figs

Fresh or often dried, figs are dense, naturally sweet, and a good source of fiber. They easily satisfy the need for a quick and healthy snack.

JUST AS IS

Pop a couple for a quick snack, but don't forget to remove the pits!

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ON TOP

Add chopped dried figs to oatmeal, yogurt, or even pizza for a sweet punch of flavor.

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SALAD FIXING

Toss sliced dried figs and chopped nuts with mixed greens and drizzle with olive oil and vinegar.

