

FUEL **UP**

# Reach for Raisins

Great as a quick snack, raisins pack a lot of nutrition in a small package, especially blood pressure-friendly potassium!

## SWITCH IT UP

Replace the jam in your PBJ with raisins for some natural sweetness.

## ON THE TRAIL

Combine raisins with nuts and unsalted mini-pretzels for a sweet-savory snack.

## JUST AS IS

Go ahead and grab a handful to satisfy your sweet tooth and get a quick energy boost.

