

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 PB&J 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.

