

FUEL UP

# Crispy Whole Grain Crackers

Look for “whole grain” listed as the first ingredient for a healthy dose of fiber, essential nutrients, and a satisfying crunch.



## TOP

Add nut butter and a fruit slice or canned salmon with a squeeze of fresh lemon.

## DIP

Dunk into your favorite salsa.

## CRUSH

Place on top of your salad for some extra crunch.