

FUEL UP WITH ALL FORMS

DRIED SOCIAL MEDIA POSTS

Keep a bag of dried fruit in your desk for those days when the afternoon munchies hit. It's a convenient & #healthy snack.

They've cut the sodium and upped the fiber by adding raisins! Try this Sweet & Savory Raisin Tapenade to impress your guests: <http://ow.ly/xeG6f>

Dried fruit & nut mix makes for the perfect on-the-road snack--it's nutritious, stores well and kids love it!

Are you going NUTS? Get the SCOOP on your favorite nuts here: <http://ow.ly/xcpFb>

Fat free, a good source of fiber & Vitamin A...Pureed Dried Plums make a great fat substitute when baking.

Cranberries, apricots or dates...Dried fruits are a great addition to any potpourri. The fragrance will intoxicate you!

There's nothing dry about Dried Apricots! A great way to tame your sweet tooth -- See this TOP TEN for ideas: <http://ow.ly/yCD8w>

Dried fruits & veggies are a significant source of potassium & fiber. They also make a tasty, easy-to-pack snack!

Sweeten up a traditional party dip w/ nutritious dried fruit! Try this combo: Light cream cheese, yogurt, dates & dried apricots. Delish!

Who stole the fruit from the cookie jar? Be sure to add a layer of dried fruits when gifting one-jar cookie gifts for added flavor and nutrition.

#DidYouKnow It takes 4 pounds of grapes to make 1 pound of raisins? Amazing how much water can weigh!

#TipoftheDay --> Dried fruit & nut mix makes for the perfect on-the-road snack--it's nutritious, stores well and kids love it!

Are you nuts about nuts?? Good news--they're packed w/fiber and protein! Learn more about your favorite variety: <http://ow.ly/wVffD>

#DidYouKnow Paprika is a dried powdered form of a bell pepper & though we are used to red paprika, it can be made from any color pepper.