

# Food Facts And Fancies

## Snacks: A Quest For The Best

(NAPSA)—If you were to conjure up the perfect snack food, what criteria would you demand? Something that tastes like a treat but isn't mere empty calories would be a start. It would be handy to eat anywhere without fuss or muss, and easy to store. Something fun and different would be like icing on the cake.



Creative snackers actually have lots of options at their fingertips with dried fruits. It's real-world alchemy, taking Nature's seasonal fruits at their best and converting them into concentrated goodness that can be enjoyed all year long.

One of the most unusual dried fruits is a transformation that even a chameleon might envy: slices of luscious cantaloupe melon turned into a convenient, non-perishable snack called Mystic Melon. It's easy to transport to work, school or play, and requires no preparation or cleanup. This sweet treat, with a taste likened to summer sunshine, even counts as a serving of the recommended five-a-day for fruits and vegetables.

Unlike fresh cantaloupe, this melon has long-lasting storage potential, staying delicious for up to 18 months in a cool dry place. You can find Sonoma Mystic Melon at produce and health food stores, or order directly from Timber Crest Farms at 888-374-9325, or online at [www.timbercrest.com](http://www.timbercrest.com).