

Fabulous Food

Your Favorite Treats Are Now Snack Mixes

(NAPSA)—Eating more snacks with nuts is not a nutty idea. According to a recent Harris Interactive survey, most U.S. adults (82 percent) know that nuts are a good source of protein, and four in five choose snacks such as fruit and nuts to help them maintain a healthier diet.

Nuts are also an excellent source of fiber, vitamins and minerals (thiamine, riboflavin, vitamin E, calcium, phosphorus, potassium, folic acid and omega-3 polyunsaturated fat). Ongoing studies have supported the health benefits of nuts as well, finding that they can help reduce the risk of developing type 2 diabetes and heart disease.

Plus, they just taste great with subtleties that unfold on the palate much like those in wine and dark chocolate.

Snackers looking for the next nutty flavor sensation to satisfy their cravings should try the three new Fisher Fusions Snack Mixes that are flavored to taste like consumer favorites—ice cream sundae, cinnamon rolls and a wholesome trail mix-type blend:

- Ice Cream Sundae Snack Mix—It's easier than ever to enjoy a nuttier version of an American icon, the ice cream sundae. A blend of chocolate-covered peanuts, pineapple,



There's nothing nutty about wanting to eat more nuts. New snack mixes remind you of your favorite treats.

banana chips, coated marshmallows and strawberries, the Ice Cream Sundae Snack Mix harkens back to an age of soda jerks and poodle skirts without the muss and the fuss or having to go to the ice cream shoppe.

- Cinnamon Roll Snack Mix—Another American comfort food, the cinnamon roll, was the inspiration for a second new mix that combines cinnamon pecans, cinnamon yogurt-covered raisins and cinnamon square cookies. Cinnamon lovers will bask in the bold flavor accented with the richness of pecans and the smoothness of yogurt. The Cinnamon Roll Snack recalls that wonderful aroma in the air and the sights and sounds of a neighborhood bakery.

- Energy Blend—A third product, Energy Blend, targets the on-the-go consumer who wants a wholesome, healthy snack that provides the vigor to keep going.

A combination of ruby-red cranberries, distinctive almonds and buttery cashews, the Energy Blend is right for any time and any place; the perfect snack in a bag for Americans who want convenience and thrilling taste.

In the survey conducted by Harris Interactive, about four in five Americans said they like their snacks crunchy. Half like chewy, two in three like sweet, about half like salty and 47 percent enjoy spicy. Fisher Fusions Snack Mixes satisfy all those cravings in one package.

Not coincidentally, of course, every snack mix features nuts, the company's mainstay and claim to fame, and dried fruit.

These three new snack mixes add to the line of culturally inspired, sometimes exotic combinations that already include Asian Spice, Cheddar Crunch, Trail Blazer, Sweet Harvest and Tropical Twist. Each product features an innovative twist of flavors and textures.

For more information, visit www.fishernuts.com.