

# Flavorful Ways To Stay Refreshed



(NAPSA)—When temperatures rise, keeping yourself and your family hydrated is crucial.

Sheila Ellison, author of “365 Ways to Raise Great Kids,” knows first-hand how difficult it is to keep the clan hydrated. “Hectic days often lead to an increase in thirst,” states Ellison. According to a national survey, Americans want to refresh themselves with low-calorie, caffeine-free beverages during warm weather. Water is often chosen over sodas because it doesn’t provide a host of empty calories.

“Make sure you and your kids keep a bottle of water with you at all times,” Ellison advises. Also, take along a pouch of sugar-free drink mix to keep in your purse and their backpacks to add some flavor to your water as a healthy alternative to sodas and other sugar-laden beverages.”

One sugar-free option is Wyler’s® Light, powdered soft drink mixes that contain only five calories per eight ounce serving. This product comes in a variety of delicious fla-

vors and, perhaps best of all, its uses extend beyond just mixing it with water.

## Refreshing Fruit Dip

### Ingredients:

**8 oz plain low-fat yogurt**

**1/2 cup unsweetened applesauce**

**1 envelope Wyler’s Light Cool Raspberry Powdered Drink Mix**

**3 cups fresh fruit**

### Directions:

**Blend first three ingredients. Serve with fresh fruit. Refrigerate leftovers.**

In an effort to help Americans celebrate life this summer, the company is hosting a national “I Deserved To Be Refreshed!” sweepstakes. One winner and a guest will be awarded a luxurious spa getaway, valued at \$5,000! Consumers can enter the sweepstakes through August 31, 2004 by visiting [www.wylerlight.com](http://www.wylerlight.com).