



Delightful Food Ideas

Take California Raisins Back To School

(NAPSA)—Every year, parents are faced with the same dilemma as the school year rolls around—what to pack in kids' lunches. Parents strive to pack lunches that will be healthy and provide kids the energy they need, while kids want their lunches and snacks to taste great and to go anywhere, anytime. California Raisins are an addition to the lunch box that will please both parents and kids alike.

Whether kids are at school, at home or on-the-go, California Raisins are the perfect food that helps to meet the goal for daily fruit servings. One-fourth cup of raisins counts as one serving of fruit. California Raisins are a naturally sweet lunchtime, or anytime, snack alternative to candy or chips and provide kids with an excellent source of energy.

Give kids a nutritious choice when they crave something sweet by packing a snack box of California Raisins in their lunch. They make everything from scrumptious trail mixes to hearty energy bars, too. Raisins are an easy way to add nutrients and flavor to lunches and snacks for the whole family.

Try whipping up this quick and yummy raisin recipe—a great addition to any child's lunch or a smart snack for kids after school.

For more kid-friendly recipe ideas, including Raisin Apple Mini Pizzas, Raisin-Banana Tortilla Roll-ups, No-Bake Happiness Cookies and Raisin Cereal Pops, visit LoveYourRaisins.com.



Schooltime or anytime, California Raisins give kids natural energy.

California Raisin Banana Energy Bars

- 1 cup quick-cooking oats**
- 1 cup chopped nuts**
- ½ cup butter**
- ½ cup firmly packed brown sugar**
- ¼ cup honey**
- 1 cup California Raisins**
- 1 cup dried banana chips**
- 1 cup honey-coated graham cereal squares**

Heat oven to 350°F. In an 8- or 9-inch square pan, combine oats and nuts. Bake 20 minutes or until oats are golden brown, stirring occasionally. Meanwhile, stir butter, brown sugar and honey together in medium saucepan. Cook over medium heat until mixture boils.

Measure raisins, banana chips and cereal squares into large bowl. Add toasted oats and nuts. Pour cooked mixture over all and toss to coat thoroughly. Generously butter same square pan. Press mixture firmly and evenly into bottom of pan. Cool. Cut into 2-inch square bars.

Yields 16 square bars.