

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
PRECIS SYNDICATE, INC.**

415 Madison Avenue, 12th Fl.
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190 WORDS, 60 SECONDS

FABULOUS FOOD

ANY TIME—including the holidays—can be the right time for a new take on a classic banana bread. This one combines nutritious, sweet, fiber-rich figs with yummy chocolate morsels. If you are looking for an after-school snack for the kids, a morning treat to enjoy with coffee or a great holiday hostess gift, **Chocolate Fig Banana Bread** delivers on all counts. You can even freeze loaves whole or cut into slices and wrap individually in plastic wrap to grab out of the freezer for everyday use. The rare leftovers of your **Chocolate Fig Banana Bread** can be used to transform bread pudding, French toast and layered ice cream parfaits into decadent holiday dishes to delight friends and family. You can use either dark purple **Mission Figs** or **Golden Figs**; both work equally well in the recipe and add the same powerful burst of sweet fruit flavor, fiber and potassium. You can also keep **California Dried Figs** on hand for a quick energy-rich snack and sweet addition to salads, side dishes and cereals. For more recipes, baking tips, figs and fig products, visit valley-fig-dot-com.