



TIPS ON TRIPS



Healthy Snacks For Travel

(NAPSA)—One key to traveling, say nutrition experts, is to be prepared with snacks that offer nutrition and staying power, yet are a breeze to take along. Homemade snack mixes of raisins, nuts and popcorn divided into snack bags can be handed out when hunger strikes. The fiber of the raisins and popcorn, coupled with protein in nuts, add up to a snack that is filling and fun to eat.

Energy bars also make an excellent choice for traveling and they are easy to make at home. Pack them into plastic containers or in individual bags. (Avoid metal tins if you're traveling by air.)

Here's a sweet and chewy energy bar the whole family can enjoy.

Raisin Energy Bars

- 2 eggs**
- ¼ cup sugar**
- 4 teaspoons vegetable oil**
- 1 teaspoon ground cinnamon**
- ¾ teaspoon vanilla extract**
- 1½ cups plain low fat granola**
- 1 cup SUN-MAID Raisins**
- 3 tablespoons toasted wheat germ**
- 3 tablespoons sunflower kernels**
- 4 teaspoons sesame seeds**

In a large bowl, beat eggs and sugar with whisk until smooth. Beat in oil, cinnamon



For many families, the secret to successful travel may be having a healthy snack at hand when the kids are tired and hungry.

and vanilla. If granola is in large clusters, place in plastic bag and crush with rolling pin before measuring. Stir in remaining ingredients; blend well. Generously coat 13 x 9-inch baking pan with nonstick cooking spray. Turn raisin mixture into pan; pat to even layer. Bake at 300° F for 20 to 25 minutes or until golden brown. Cool 5 minutes in pan. Loosen edges with spatula and invert onto wire rack to cool completely. Cut into bars. Store in an airtight container or pack in small plastic bags.

For more snack ideas to make at home, check out Backpack Snacks at www.sun-maid.com.