



Delightful Food Ideas



Popcorn Pops Up The Fun Of Honey Fig Granola

(NAPSA)—Granola recipes abound, from the gourmet versions found on culinary Web sites to the ho-hum varieties found in grocery stores, but few compare to Bunch of Crunch Honey Fig Granola. Popcorn joins forces with oats, nuts and sweet California Dried Figs to deliver a fun food that's full of flavor, fiber and whole grain goodness.

Granola is traditionally made from rolled oats and an assortment of ingredients added for texture, taste and nutrition. Chunks of dark purple Mission and golden Calimyrna Figs add natural sweetness, a light, chewy texture, and lots of fiber, essential nutrients and health-promoting antioxidants. The popcorn, which is a whole grain, adds a delightful texture, as well as an array of nutrients and fiber. Nutrition experts recommend about 25 to 30 grams of fiber daily and 3 ounces of whole grains.

Many people enjoy granola as a breakfast food, either plain or with milk. Others, including hikers, campers, moms and kids on the go, often eat granola as a portable, energy-rich snack food.

For more great recipes and fun facts about figs, go to www.valleyfig.com. Like granola but looking for a more traditional recipe? Visit Valley Fig Growers' Web site for Nutty Honey Fig Gra-



Sweet, chewy, nutrient-rich California dried figs and crunchy popcorn liven up homemade granola.

nola, which offers great taste and nutrition but without the popcorn.

Bunch Of Crunch Honey Fig Granola

- 1 package (about 7 oz.) Blue Ribbon Orchard Choice or Sun-Maid Figs**
- ¾ cup water**
- 2 tablespoons honey**
- 3 cups popped corn (low-sodium, low-fat microwave popcorn)**
- 2 cups old-fashioned rolled oats**
- ½ cup coarsely chopped pecans or almonds**

- 2 tablespoons sesame seeds**
- 1 teaspoon ground cinnamon**
- ¼ teaspoon salt**
- ¼ cup canola oil**
- ¼ cup honey**
- 2 teaspoons orange zest (optional)**
- 1½ teaspoons vanilla extract**

Adjust rack to middle of oven and heat to 300°. Remove fig stems and cut each fig into four pieces. In small saucepan, combine figs, water and 2 tablespoons honey. Cover and bring to a boil over high heat. Remove from heat and set aside for 5 minutes. Drain well. In large bowl, stir together popped corn, oats, nuts, sesame seeds, cinnamon and salt. In small saucepan, stir oil and ¼ cup honey over low heat for a few seconds, till blended. Remove from heat and stir in orange zest and vanilla. Pour over oat mixture, add figs and toss well. Spread on oiled 15-x-10-inch rimmed baking sheet or 9-x-13-inch baking pan. Bake 25 to 30 minutes, stirring every 10 minutes, until light golden brown. Place pan on rack to cool. Store in airtight container at room temperature for up to 5 days. Makes about 5½ cups.