

The Perfect Pairing: Great Taste, High Energy

(NAPSA)—A step in the right direction for anyone who likes to lead an active life and eat right is to follow these simple tips.

- **WALK** wherever you can, whenever you can. It's surprisingly simple to reach the recommended 10,000 steps per day. A simple trip to the grocery store can become a workout. Park the car at the end of the parking lot. Go down each aisle, whether you need anything there or not. Take the stairs. Stock your bag with healthy, energy-boosting snacks.

- **EAT HEALTHY FOODS.** Replace sugary snacks with functional foods like heart-healthy granola.

High in energy and taste, hazelnut energy snacks can be made with orange juice, ginger, cinnamon, dried fruit and nuts. They make a terrific treat, whether you put them in your child's lunch box or add them to your cookie jar.

HAZELNUT ENERGY SNACKS

- 4 cups old-fashioned oats
- 1 cup hazelnuts, toasted, skin removed, coarsely chopped
- ½ cup wheat germ
- ½ cup oat bran
- ¼ cup crystal ginger, small diced
- 1 cup orange juice
- ¼ cup sugar
- 2 tablespoons vegetable oil
- 2 teaspoons ground ginger
- 1 teaspoon cinnamon
- ½ teaspoon salt
- 1½ cups (7 oz) assorted dried fruit, diced
- 1 cup corn syrup
- ¾ cup brown sugar
- ¾ cup sugar



DELICIOUS HAZELNUT ENERGY SNACKS—
A snack that looks good, tastes good and makes you feel good.

Mix oats, hazelnuts, wheat germ, oat bran and crystal ginger.

Whisk orange juice, sugar, oil, ground ginger, cinnamon and salt. Pour over oat mixture. Mix well.

Place mixture onto greased 12x16-inch baking pan. Bake at 325° F for 35 to 40 minutes, stirring occasionally until golden. Add dried fruit. Cool.

Microwave corn syrup, brown sugar and sugar in a glass bowl on high 3-4 minutes until thickened. Do not stir. Drizzle over granola; stir to blend. Spoon into 9x9-inch pan. Let sit overnight or until completely dried; cut into bars. (Makes 18 servings.)

Nutritional Analysis Per Serving: Calories 320 (20% Calories from Fat), Protein 4g, Carbohydrate 64g, Fiber 4g, Fat 7g, Sat. Fat 1.0g, Cholesterol 0mg, Sodium 115mg.