

## Eleven Kisses

What one thing gives enough energy for eleven kisses? The answer is ... a raisin. Many years ago there was a raisin manufacturer that used this as their eye-catching advertisement in ladies' magazines. Today, Grandma's Pantry has a wonderful array of choices for raisins. Raisins may be purchased as dark or golden raisins and they are also found in five of our trail mixes- Dieter's Delight, Fruit and Fitness, GORP, Mega Munch and Mini Fruit trail mixes.

Raisins are a versatile dried fruit that can be easily added to anyone's diet. Raisins are a low fat, high energy snack. They contain antioxidants that are helpful in protecting the body's cells from damaging compounds. Raisins can help lower cholesterol and reduce the risk of heart disease. An added plus for women is that raisins are high in boron which is essential for bone health.

Raisins are dried grapes which are produced in many regions of the world. Raisins are typically sun dried but may also be water dipped or dehydrated. Dark and golden raisins begin as green Thompson seedless grapes. Golden raisins are treated with sulfur dioxide and flame dried to give them their characteristic color. The dark raisins darken as they dry in the sun.

Raisins have a long shelf life and should be stored in an air-tight container in the refrigerator. It is best for raisins to be eaten within six months.

Whether eaten alone, in a trail mix, in cereal or added into your favorite baking recipes, raisins are a great way to add healthy nutrition to your diet. That's right. And I should know because.... "I heard it through the grapevine".

Check out our raisins and our many other great products at: [www.GrandmasPantryVA.com](http://www.GrandmasPantryVA.com) .

***"So, whatever you eat or drink, or whatever you do,  
do all to the glory of God."*** (I Cor. 10:31)