



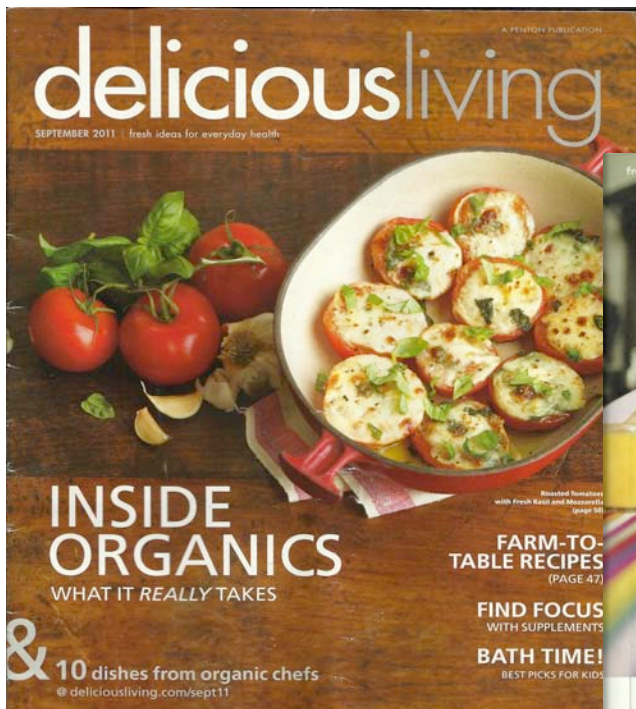
# Justin's Peanut Butter Cups named "Sweet Upgrade" by



## SWEET UPGRADES.

Justin's Peanut Butter Cups. Melt-in-your-mouth organic, fair-trade peanut butter cups.

- Delicious Living, September 2011



fresh

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### Breakfast awakening

Stuck in an early-morning meal rut? Think outside of the cereal box with these tips for simplifying—and diversifying—your or your child's morning meal.

**Rut #1: Oatmeal.** Oats, a nutrient-packed standby, are filled with heart-healthy fiber to keep energy high, but which grains are you forgetting? For variety, try other whole-grain options like quinoa, couscous, and brown rice, which are also nutritious and satiating. (Check out "Great Grains," page 55.)

**Rut #2: Saverts.** By focusing on pastries or toaster tarts, you miss out on nutrients. Fix: Add chopped veggies like bok choy or grated zucchini to eggs or whole grains; in smoothies, add flaxseed oil, seeds, and spices for an antioxidant and omega-3 boost.

**Rut #3: Fast.** Skipping breakfast to save time? Fix: Prepare longer-cooking grains like rice and millet in a rice cooker; store in fridge, ready for the morning. At night, combine steel-cut oats or other whole grains along with cinnamon and almonds or walnuts in a slow cooker set to low; add fresh fruit in the morning.

—JESSICA RUBIN

## back-to-school boost

**A+ nutrient:** According to a recent Swedish study published in *Pediatrics*, teens with the highest levels of the B vitamin folic acid—found in leafy green vegetables, fruit, dried beans, peas, nuts, and fortified foods like breads and cereals—brought home the highest grades.

**SWEET UPGRADES**

<b>CLIF Kid Zbar Crispy</b> All the sticky, chewy, gooey deliciousness of those old-time rice squares but made with organic brown rice and toasted oats. Flavors include peanut butter, chocolate chip, and honey graham.	<b>Justin's Peanut Butter Cups</b> Melt-in-your-mouth organic, fair-trade peanut butter cups. Also try Seth Ellis Chocolatier's organic, peanut-free Sun Cups made with sunflower-seed butter.	<b>Natural Vines Licorice</b> Fresh, moist twists made with natural flavors and colors, such as beet juice extract, brown rice syrup, molasses, and anise. Comes in classic black and yummy strawberry.	<b>Raisels</b> Sneak in fruit instead of candy with tart-sweet golden raisins coated with natural sugars, citric acid, and vitamin C. Only 110 calories per box, and flavors include sour apple, orange, and lemon.	<b>So Delicious Neapolitan Minis</b> This creamy, dairy-free frozen treat combines a trifecta of classic dessert flavors—chocolate, strawberry, and vanilla—into a 90-calorie indulgence.

22 deliciousliving | september 2011