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you can use all year around.

Did you know
that **ONE PRUNE**
has only
25 CALORIES?

Recipes and healthy tips inside!

Orange, Berry Blend & Herb Salad



INGREDIENTS

- 3 navel oranges, peeled, halved and sliced
- 1 (5 oz) package sweet baby lettuce blend (about 4 cups)
- 1 (5 oz) package Sunsweet® Berry Blend or Amazin™ Berry Blend
- 4 green onions, cleaned and sliced (including some green tops)
- 1/4 cup olive oil
- 2 tablespoons white wine vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes
- 1 cup chopped fresh cilantro, parsley or basil



INSTRUCTIONS

In large serving bowl place oranges, lettuce blend, Berry Blend and onion. For dressing, whisk together oil, vinegar, salt and pepper in small bowl; drizzle over orange mixture and toss gently. Add herbs and toss again before serving. *Makes 6-8 servings.*

For more delicious recipes visit Sunsweet.com

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AMAZING STARTS TODAY!

If you want to lead a healthier lifestyle, we're right there with you – all 365 days of the year. Just "friend, follow, pin, or find" us on Facebook, Twitter, Pinterest, or sunsweet.com and we'll give you a year's worth of healthy living tips, amazing prune facts, and delicious recipes that you can pick and choose from to fit any healthy diet. Stay tuned for chances to win our giveaways year round!



Healthy Living Tips

From Sunsweet's team of registered dietitians

STAY FIT ON THE INSIDE™

- ✓ Eat more fiber rich foods
- ✓ Drink plenty of fluids
- ✓ Get plenty of exercise to rev up your metabolism

STAY HEALTHY BETWEEN MEALS

- ✓ Plan mini meals to add nutrients to your busy day
- ✓ Have healthy grab-n-go options at hand
- ✓ Reach for fruit instead of candy if you crave something sweet

GET PLENTY OF REST

- ✓ Get regular exercise to help promote sleep
- ✓ Read a book before bedtime
- ✓ Drink a soothing hot herbal tea before bed

KEEP STRESS LEVELS DOWN

- ✓ Maintain a healthy social life
- ✓ Put your worries into perspective, let little things go with a laugh
- ✓ Listen to music – it's a mood lifter