

*All materials courtesy of Wilton Enterprises*



### **Healthy Summertime Living On the Go**

Warmer weather and longer days mean more time to get moving!  
It's the season to rev up the daily exercise routine.



Hydration is key to safely increasing activity. While water remains the go-to beverage, these days exercisers are also opting to add in flavor or nutritional enhancements. The latest evolution of the water bottle – the new Mix 2 Go™ Bottle – makes that easy and eco-friendly.

Perfect for those who are eco-conscious and economically aware, Mix 2 Go from Copco, a division of Wilton Enterprises, is reusable, BPA-free, highly durable, top-rack dishwasher safe and impact resistant for years of continual use. Two single-serve drink mix sticks can be stored in the dry storage chamber, accessible via an attached cover at the bottom of the bottle. When the mood strikes for flavored water – whether it's lemonade or an electrolyte-enhanced option – simply remove the drink mix packet, empty it into the bottle of water and shake to mix. The lid has an integrated flip-open straw for sip, no-tip drinking.

On-The-Go Snack Bars are a satisfying, great tasting accompaniment to any flavored water. These easy-to-make bars are packed with dried fruit, granola and nuts. Fuel up before you leave, or enjoy a bar after your workout. Bring extra to share with friends, or wrap and freeze individually so they're ready to go when you are.

For more information on the Mix 2 Go Bottle or other beverage-to-go options, visit [www.copco.com](http://www.copco.com).

### **On-The-Go Snack Bars**

- 1/2 cup dried tart cherries, chopped
- 1/2 cup slivered dried apricots
- 2/3 cup orange juice
- 1-1/2 teaspoons ground cinnamon, divided
- 1-3/4 cups whole wheat or all-purpose flour
- 1-1/2 cups raisin nut granola
- 1 cup (2 sticks) butter, softened
- 1 cup firmly-packed brown sugar
- 1/3 cup chopped walnuts

Heat oven to 350°F. Spray 13 x 9 in. baking pan with vegetable pan spray.

In small bowl, combine cherries, apricots, orange juice and 1 teaspoon cinnamon; let stand at least 5 minutes.

In medium bowl, combine flour, granola and remaining 1/2 teaspoon cinnamon. In large bowl, beat butter and sugar with electric mixer until light and fluffy. Add flour mixture; beat until crumbly. Reserve 1/2 cup mixture for topping; press remaining mixture into bottom of prepared pan.

Bake 10-12 minutes or until light golden brown. Remove from oven; spread fruit evenly over crust. Add nuts to reserved flour/cereal mixture; mix well. Spread evenly over fruit.

Bake 15-20 minutes or until golden brown. Cool completely; cut into bars.

Makes about 32 bars.