

Make every day special!

Dare

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Regardless of which climate you live in, the idea of spring is inspiring. Spring is a time of renewal, growth and happiness. So here are a few tips and a delicious hummus recipe to help you emerge from the winter doldrums and spring into action this season.

Mediterranean Chopped Hummus

Ingredients:

- 1 15.5 oz can chick peas
- 1/4 cup chopped red onions
- 1 clove garlic, minced
- 1/4 cup olive oil
- grainsfirst crackers

[Click here for the recipe](#)



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Tips for Making Every Day Special



Do you find your energy level dropping during the workday? Munching on a few [grainsfirst](#) crackers along with a slice of your favorite cheese is a good source of energy-producing protein. Remember, though, limit calories to 100-200 per snack!



The spring months are an excellent time to start a vegetable garden. Gardening offers fresh air and sunshine, exercise and mental therapy, and nutritious, fresh vegetables for months to come. And gardens are economical, too!



Did you know that the Japanese have a special day each year for flying kites? Why not dedicate a day this spring for you and your loved ones to fly a kite...and watch your spirits soar! [Check out this amazing kite flying video on YouTube!](#)



Staying home this spring break? "Staycations" provide quality at-home family time and less travel-related stress. So, pull out the game boards, set up the Wii, invite the neighbors...and serve our healthy and delicious [Mediterranean Chopped Hummus](#) and [grainsfirst](#) crackers.



For more than 115 years, Dare has been a solid, family-owned business. Our commitment always will be focused on bringing you and your family flavorful, nutritious, high-quality food products.