Raisins?

Raisins are made by sun drying grapes, a process that concentrates their sugars and turns them into a delicious treat. They’re ideal snacks for lunch boxes or gym bags, and a favorite ingredient in trail mix. They’re also extremely versatile partners for many other foods, and can add a delicious touch of sweetness and pleasing texture to everyday dishes. If they seem dry or sugary, soak them for a few minutes in hot water, lemon juice, vinegar, beer, or wine to wake them up.

Here are some easy and tasty ways to add them to your daily meals:

1. Stir raisins to your hot morning oatmeal or other cooked cereal. Add them to cold cereals, too.
2. Toss a handful of raisins into a stir-fry a few minutes before serving.
3. Include raisins in a curry or a vegetable stew that includes ginger, cinnamon, or turmeric. Add them during the last few minutes of cooking time.
4. Include raisins in a Waldorf-style salad along with apples, grapes, celery, and walnuts. Dress with a spoonful of plain Greek yogurt or mayonnaise.
5. Make instant chutney by adding ½ cup raisins to 1 cup of fig jam; add the juice of 1 lemon and stir until smooth.
6. Combine raisins with shredded carrots and sunflower seeds and dress with a dash of flavored vinegar.
7. Add a handful of raisins to roasted, pureed sweet potatoes.
8. Think of raisins when you sauté broccoli or broccolini; add them a minute or two before serving, along with sliced, toasted almonds.
9. Make your own trail mix by combining raisins with raw cashews, sunflower seeds, almonds, pistachios, walnuts, and peanuts.
10. Raisins make a nice addition to cabbage salads and coleslaw.