

Thursday, August 25 • 2005

Star Tribune • T3

## FRONT

### THIS WEEK'S RECIPES

### CUT CHOLESTEROL WITH GRANOLA BARS?

New from General Mills' Nature Valley granola bar operation, something a little different: Healthy Heart bars (oatmeal raisin or cinnamon)



containing CoroWise, Cargill's plant-sterols product that is said to help lower cholesterol. The box advises that the amount of plant sterols in one Healthy Heart bar, eaten twice a day with food, "may reduce heart disease risk in a diet low in saturated fat and cholesterol."

Two granola bars a day a bit much? CoroWise is also featured in Minute Maid Heart Wise orange juice, and similar ingredients are found in Benecol and Take Control margarines.

The Healthy Heart bars are marginally more expensive than regular Nature Valley bars: The box weighs 7 ounces but is the same price as 7.4 ounces of regular bars.

T4	Fried Dill Pickles .....	T6
T4	Pickleini .....	T6
T4	Stay-at-Home Sandwich .....	T6
T4	Pickled Sesame Pork Loin .....	T6
T6	Loaded Salsa .....	T10

### TODAYS

#### MINUTE MAID'S SKINNER FOR THE

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#### WHIPPED MARGARINE TAKES A DARK TURN

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