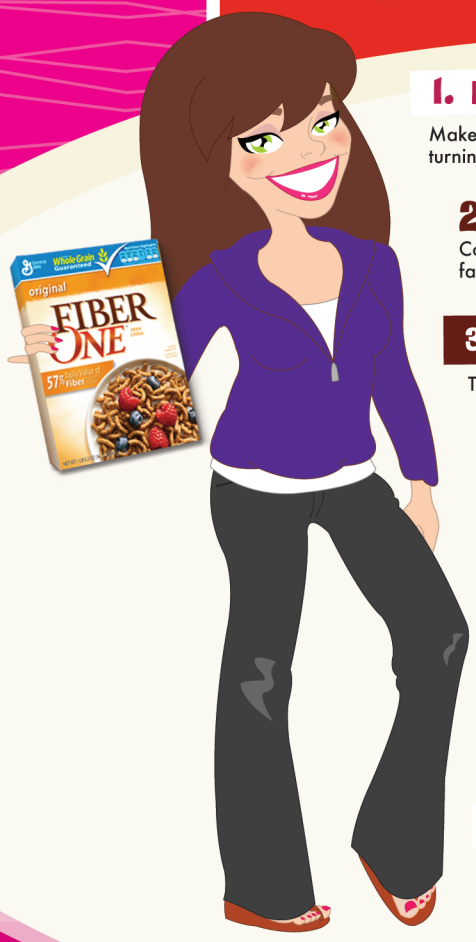




Hungry Girl's TOP ATE Guilt-Free Tips & Tricks FEATURING FIBER ONE® CEREAL!



1. BLEND & BAKE

Make **guilt-free** baked goods by putting **Fiber One® Original** in a blender and turning it into high-fiber crumbs. Then use in recipes in place of some of the flour. Yum!

2. FAUX-FRY, BABY!

Coat foods like chicken and lean pork with ground-up **Fiber One® Original** mixed with your favorite spices. Then cook in a skillet or bake in the oven. All the flavor of fried food without all the fat!

3. FIBER ONE® ORIGINAL = SWEET 'N CRUNCHY SALAD TOPPER

That's right... Use **Fiber One® Original** in place of fatty croutons, tortilla strips, and fried noodles. PERFECT!

4. MAKE A MEGA CEREAL MIX!

Combine **Fiber One® Original** with **Fiber One® Honey Clusters®**. You'll have a delicious blend of cereal to top with milk in your cereal bowl or to enjoy as a guilt-free snack on the go!

5. PIE, OH MY!

Instead of crushed graham crackers, use equal parts crushed **Fiber One® Original** and **Fiber One® Caramel Delight™** to make piecrusts. Brilliant...



6. TOP IT OFF!

Use any of the delicious **Fiber One®** cereals as a topping for yogurt, light ice cream, cottage cheese, and more.

7. OH, STUFF IT!

Grind some **Fiber One® Original** up, and use it in recipes for stuffed tomatoes, stuffed peppers, and more. It'll add great texture and make your dish more filling too.

8. FIBER UP YOUR SNACK MIX

Add some **Fiber One® Honey Clusters®** cereal to trail mix or snack mix. Then your mix will large and filling, thanks to our pal **Fiber One®**.



For more tips & tricks about guilt-free eating, sign up for FREE daily emails at hungry-girl.com

For Fiber One® info and recipes, check out FiberOne.com