

## FINN CRISP STORY

Vaasan & Vaasan, Finland's foremost cracker producer, has been baking delicious, quality crispbread since 1904. For many generations, the pure and wholesome ingredients of FINN CRISP's breads have been inspired by Finland's fertile land, wild forests and thousands of sparkling lakes.

The secret of FINN CRISP lies in its traditional sourdough base, which gives the bread its unique taste and character. The crispbread has a delicious, aromatic flavor and a satisfying crunchy texture.

Today, you can enjoy delicious crispbread that has been perfected for more than a century, made with the same passion and expertise then as it is now.



SMART BY NATURE

Manufacturer's Coupon Expires: 12/31/08

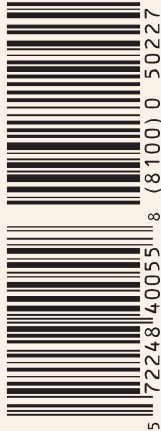
# 55¢ Off

any size or type



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LIMIT ONE COUPON PER ITEM PURCHASED. Good only on brand specified. Any other use constitutes fraud. Void if copied, prohibited or restricted. Retailer. Send to **Liberty Richter, PO Box 880709, El Paso, TX 88588-0709**. You will be reimbursed the face value of this coupon plus 8¢ if submitted in compliance with our redemption policy. Copies available upon request. Cash value 1/20¢.



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FINN CRISP is a crisp, clean, and traditional grain product from Finland. Made with the finest ingredients and using authentic baking techniques, FINN CRISP products are all-natural and all-delicious. Rich in fiber, low in calories, with a satisfying crunchy texture, FINN CRISP is the perfect snack.



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[www.finncrisp.com](http://www.finncrisp.com)

Vaasan & Vaasan is the largest baking company in Finland and the Baltic Region. We are pioneers in the provision of healthy crispbread. We are experts in the use of rye flour in baking and we constantly research the health benefits of fiber.



SMART BY NATURE

## THIN CRISPS, ROUNDS AND CRISPBREADS





# A natural source of vitality for everyday enjoyment and well-being



## SMART BY NATURE

Your family will love these appetizing and healthy recipes made with FINN CRISP crispbread. Meal time... snack time... any time is FINN CRISP time!



### FINN CRISP Small Round Pizzas

- Makes 8 slices
- 8 slices FINN CRISP Round Crispbread (either Sesame or Multigrain)
  - 1 Tbsp. Olive oil
  - 1 cup grated Parmesan cheese
  - 8 oz. fresh mozzarella
  - 12 cherry tomatoes
  - 2 Tbsp. fresh basil
  - Black pepper

#### PREPARATION:

1. Sprinkle oil on top of small rounds.
2. Cut tomatoes and mozzarella into thin slices and sprinkle on top of rounds.
3. Mince basil and sprinkle over rounds.
4. Add Parmesan and pepper equally to all rounds.
5. Bake at 425 degrees for 2-3 minutes, or until cheese is melted and rounds are browned.



### FINN CRISP Breakfast Treats

Serve Crispbread with...

- Unsalted butter and a selection of fruit spreads
- Softened cream cheese and fresh berries
- Sour cream and dried cranberries or marmalade
- Low fat yogurt smoothie



### FINN CRISP Nachos Appetizer

Makes 4 servings

- 20 FINN CRISP Thin Crisps
- 1 onion, finely chopped
- 8 oz. fresh hamburger
- 2 tsp. salt, approximately
- 2 tsp. garlic powder
- ½ tsp. black pepper
- 2 oz. processed cheese
- 1 jar (5 oz.) prepared salsa



#### PREPARATION:

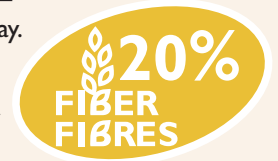
1. Chop the FINN CRISP into bite-size pieces and spread on a lightly greased oven-proof dish.
2. Sauté the onion and meat in a skillet; add salt, garlic powder and pepper, cooking meat thoroughly.
3. Meanwhile, cook cheese in saucepan, bring to a boil, stirring constantly. Add milk to thin if necessary.
4. Spread meat and onion mixture over crisps, then pour cheese sauce over all, topping with a layer of salsa.
5. Bake at 425 degrees for about 5 minutes, or until heated through.



## HEALTH BENEFITS OF FIBER AND RYE

### WHAT IS FIBER?

Dietary fiber is a plant-based substance that cannot be broken down by the human digestive system. Fiber works throughout the entire digestive tract, protecting the body against disease and cleaning out the system. Because fiber is insoluble, it provides no fuel for energy and it does not promote weight gain. People generally do not get enough fiber in their diet – they need 25-35g of fiber every day. You can easily find the fiber content of each FINN CRISP product with the help of the fiber logo, which can be found in the lower right corner of every package.



### WHAT ARE WHOLE GRAINS?

Whole grains include Wheat, Rye and other grain products that contain the entire seed of the plant, including the germ, bran and endosperm. Whole grains are healthier as they provide more fiber than refined grains, and contain many vitamins and minerals. According to the FDA, diets rich in whole grain foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and certain cancers.

USDA Dietary Guidelines recommend that Americans consume at least three servings of whole grains daily.

The USDA defines one serving as 16 grams of whole grain content. Look for the Whole Grains Council symbol, which identifies a product's whole grain content.



### NATURAL GOODNESS

FINN CRISP is a healthy and nutritious food because it's made with all natural ingredients, is low in calories, and contains no cholesterol or trans fats. Pair with other healthy foods – fresh vegetables, fresh fruits, low-fat cheeses and spreads, and lean meats – for easy, delicious and nutrition-packed snacks.

**Fiber**

- keeps your hunger at bay
- keeps your blood sugar level stable
- reinforces beneficial microbes
- helps keep your weight down
- is good for the heart
- fights diabetes
- helps reduce the risk of cancer