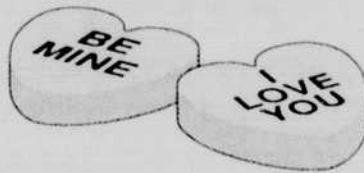


Don't forget  
your  
sweetheart.



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**Make your own candy gifts**

Worried about gaining a little more than a new romance this Valentine's Day?

Are the extra calories from heart-shaped cookies and candy making the old body a bit heart-shaped itself?

Well don't fret; you can manage to bake for your sweetie and yourself without the ballooning out to an unrecognizable you.

The following goodies are simple to make, taste like you slaved for hours, and best of all, are guaranteed to help prevent a waist explosion.

These treats are taken from *The Joy of Snacks*, copyright 1987, which is full of recipes designed with the healthy eater in mind.

*Love is the triumph of imagination over intelligence.*  
— H.L. Mencken

**Date Dream Pie**

- Ingredients:
- |                                      |                             |
|--------------------------------------|-----------------------------|
| 3/4 cup unsweetened chopped dates    | whipped topping mix         |
| 1/2 cup water                        | 2 egg whites                |
| 2 packets artificial sugar sweetener | 2 tablespoons water         |
| 2 tablespoons chopped walnuts        | 1 teaspoon lemon juice      |
| 1 package reduced calorie            | 1 1/2 teaspoons vanilla     |
|                                      | 2 tablespoons sugar         |
|                                      | 1 9-inch baked pastry shell |

In small saucepan, combine dates and water; bring to boil. Turn off heat. Cool completely. Add 1 packet sweetener and nuts. Set aside. Prepare whipped topping mix according to package directions. Refrigerate. In large mixing bowl, combine egg whites, water, lemon juice, vanilla and sugar.

Using an electric mixer, beat at highest speed until stiff peaks form, 5 to 7 minutes. Combine date mixture, whipped topping, and the other packet of sweetener. Very carefully fold whipped topping mixture into egg white mixture, using as few strokes as possible; it does not need to be completely blended.

Spoon into baked pastry shell. Freeze until firm, 4 to 5 hours. Let thaw 10 to 15 minutes before serving.

Serving Size: 1 slice  
Calories: 190  
Fat: 10 g

**Chocolate "Smoochies"**

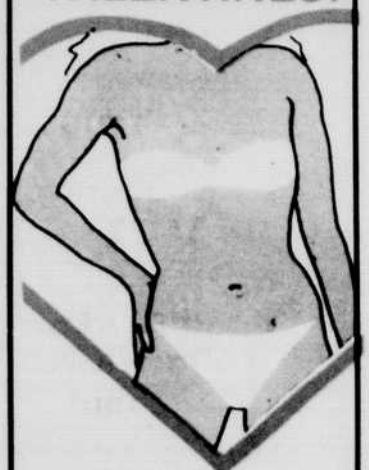
- Ingredients:
- 1 package sugar-free chocolate pudding mix
  - 2 cups skim milk
  - 3 cups peanut butter
  - 70 graham cracker squares
  - 1 envelope reduced calorie whipped topping mix

Mix chocolate pudding according to directions on package, using skim milk. Cool thoroughly. Mix peanut butter with pudding. Drop 2 tablespoons onto each graham cracker square. Place 1 tablespoon whipped topping on top of the pudding-peanut butter mixture and cover with the second graham cracker square to make a sandwich. Wrap and freeze.

Serving Size: 1 sandwich  
Calories: 200  
Fat: 12 g

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TAN LINES for VALENTINES!



HINT: Tan lines look great for Spring Break too!

♥♥♥♥♥  
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