



Fitness Facts

A No-Sugar Solution Sweetens The Options

(NAPSA)—There's sweet news for anyone who has ever wanted to eat healthier and shed unwanted pounds.

Dieters don't have to give up the sweet things they enjoy and find it difficult to live without.

"The challenge has been how to get foods to taste good and be healthy for us at the same time," said Hope Warshaw, a dietitian and author of *The Restaurant Companion*.

Fortunately, new sweeteners, such as Splenda, can be a sweet way to be good to yourself. More and more products contain this no-calorie sweetener.

"Splenda is made from sugar, so it tastes like sugar, however, the body doesn't recognize it as sugar so it has no calories," said Warshaw.

Products that contain Splenda now include Blue Bunny Lite 85 Yogurt. Great as part of a light meal or as a snack, Lite 85 has no added sugar and is said to be delicious.

"Splenda really brings out the taste of the fruit and the other ingredients in Lite 85," said Warshaw. "And because it contains no sugar and less carbohydrates it's perfect for people with diabetes too."

The new Lite 85 with Splenda is the first yogurt to be made with the new sweetener and it's available in 19 flavors. The yogurt is a great topping for fresh fruit or can be an ingredient in recipes, such as Pina Colada Scones and Key Lime Yogurt Parfait.

Pina Colada Scones

2½ cups all-purpose flour
¼ cup Splenda granular no-calorie sweetener



Sweet News: New sweeteners make recipes like Key Lime Parfait delicious and light in calories.

2 teaspoons baking powder
¾ teaspoon baking soda
½ teaspoon salt
¼ teaspoon ground cinnamon
1 cup Blue Bunny Lite 85 Pina Colada Yogurt
¼ cup egg substitute
¼ cup crushed pineapple, juice packed (un-drained)
1 teaspoon coconut extract
Confectioner's sugar (optional)

In a large bowl, combine dry ingredients; mix well. In a medium bowl, combine remaining ingredients except confectioner's sugar. Add to flour mixture; stirring just until moistened. Turn onto a lightly floured surface; knead three or four times. Divide dough in half; place both halves 8 inches apart on a greased baking sheet. Pat each portion of dough into 6½-inch circles. Cut each circle into 6 wedges, leaving wedges together. Bake at 425° for 12-14 minutes or until golden. Sprinkle with confectioner's sugar, if desired. Serve warm,

plain or with your favorite preserve.

Key Lime Yogurt Parfait

¾ cup Splenda granular no-calorie sweetener
¼ cup cornstarch
⅛ teaspoon salt
1¼ cups cold water
¼ cup egg substitute
2 tablespoons fresh lime juice
1 tablespoon fresh lemon juice
1 container (6 ounces) Blue Bunny Lite 85 Key Lime Pie Yogurt
1 drop green food coloring (optional)
6 tablespoons low-fat granola (without raisins) or graham cracker crumbs
Fresh lime twists for garnish (optional)

In a small saucepan, combine the Splenda, cornstarch and salt. Whisk in the water, egg substitute, lime juice and lemon juice. Bring to a boil over medium heat, whisking constantly for 1 minute. Remove from heat and let cool 15 minutes, uncovered. Stir in the Blue Bunny Key Lime Yogurt and food coloring. Spoon ¼ cup of the mixture into individual parfait glasses. Top each with a rounded tablespoon of granola or graham cracker crumbs. Top each glass with an additional ½ teaspoon of granola or graham cracker crumbs and chill well. Garnish each glass with a lime twist before serving.

Visit www.bluebunny.com to learn more about Blue Bunny Lite 85 Yogurt.