

DO IT & DIET

Eat Yourself Thin....For The Holidays

(NAPSA)— If you are one of the several million people who count carbohydrates as part of your quest for a healthy way of life, the upcoming holiday season can be quite challenging. Although you can “treat” yourself to foods typically forbidden for people on diets, such as steak, eggs and cheese, acceptable sweet treats that fit in with your daily regimen are not so easy to find and enjoy. Low carbers are usually faced with even more challenges and temptations during the holidays.

Nancy Moshier, a registered nurse, low carb dieter and author of the “Eat Yourself Thin Like I Did” and “Eat Yourself Thin With Fabulous Desserts” cookbooks, offers some quick and easy helpful tips.

- Never go to a party hungry. Unless you know that the menu features foods that are on your diet, eat before you go.

- If you are tempted by sugar-laden desserts and candies, take along a low carb sweet treat, such as a chocolate- or chocolate almond-flavored Carb Solutions Candy Bar, that slips easily into your handbag for on-the-spot chocolate snacking.

- Prepare a few dinner entrees ahead of time and keep them in your freezer to slip into the microwave for a quick meal after a full day of shopping and other holiday preparations.

- Keep low carb cookies, desserts and treats prepared ahead of time and in the freezer for last-minute entertaining or just personal snacking.

To get you started, here's one of Nancy's tried-and-true favorite recipes, which hard as it is to believe, are said to taste like old-fashioned sugar cookies without a speck of sugar.



SUGAR COOKIES

- 1 cup butter, softened (2 sticks)**
- 2 $\frac{1}{4}$ cups Carb Solutions vanilla shake mix**
- $\frac{1}{2}$ cup Splenda sweetener, divided**
- $\frac{1}{2}$ teaspoon vanilla extract**
- 1 large egg**

Preheat oven to 375. Spray a nonstick cookie sheet and then set aside. Place $\frac{1}{4}$ cup sweetener in a small shallow bowl and then set aside. In a medium bowl cream butter, shake mix, remaining sweetener, and vanilla extract thoroughly. Stir in egg until well mixed. Shape into 1" balls and place on prepared cookie sheet 2" apart. Flatten with the bottom of a glass sprayed and then dipped in sweetener. Dip glass in sweetener between each cookie, shaking off excess. Bake 8-10 minutes. Cool on a rack to room temperature. Store covered in the refrigerator. Best when served cold. 40 cookies at .7 grams carbs each.

For additional, helpful tips and free recipes, visit the web site at www.low-carb-cookbooks.com or send a self-addressed, stamped envelope to Nancy Moshier, P.O. Box 338, Garrison, MN 56450.