

Healthful Eating



Lean, Sweet And Healthy

(NAPSA)—For a late afternoon snack, fruit is always best.

However, sometimes, a sweet treat can change the mood or make a down afternoon seem more up.

Although sugary snacks are surefire ways to crash moods and healthy eating intentions, the following two recipes from the book “TurboCharged Recipes: Delicious Fuel for Your Lean Fat-Burning Machine,” by sibling co-authors Dian Griesel, Ph.D. and Tom Griesel, offer two healthful snacks to satisfy the urge for something sweet.

Coconut Macadamiaroons

- 8 ounces unsweetened shredded coconut**
- 8 ounces almond flour (any nut flour can be used)**
- 4 tablespoons macadamia nut oil**
- 1 tablespoon sugar substitute**

Combine all ingredients in a stainless steel bowl until well mixed. For each cookie, spoon a tablespoonful of the mixture onto a cookie sheet. Bake in a preheated 325-degree oven for about 6 minutes or until the cookies just start to get browned. Remove from heat and allow to cool on a wire rack.

Peanut Butter Dreams

- 1 egg, well beaten**



Sweet treats don't have to be sugary.

- $\frac{1}{2}$ cup chunk-style peanut butter**
- 1 tablespoon soft sweet butter**
- 1 teaspoon vanilla**
- 1 tablespoon-equivalent brown sugar substitute**
- $\frac{3}{4}$ cup finely chopped walnuts**

Mix all ingredients except nuts together well. Shape into small balls. Roll in chopped nuts. Refrigerate until firm.

“TurboCharged” outlines an eight-step rapid fat-loss program that does not require aerobic exercise, supplements or special equipment. It explains why other diets and exercise programs can contribute to obesity. According to the authors, age, body fat and scale weight don't have to keep you from achieving a lean, “TurboCharged” body.

The book is available from Amazon and wherever books are sold. You can visit the website at www.turbocharged.us.com.