

Better Foods, Great Taste

(NAPSA)—Here's food for thought: there are foods and beverages that can help you eat healthier by lowering the calories and grams of sugars and carbohydrates you consume while satisfying your sweet tooth.

Consumers looking for lower-calorie foods without sacrificing the great taste they love, need look no further, many say. The following recipe is a treat that is low in sugar and calories, yet tastes good. It's made with SPLENDA® No Calorie Sweetener. It tastes like sugar, because it's made from sugar—and is suitable for the whole family, including people with diabetes.

EASY PEAR CRISP

Makes 6 servings

Preparation Time: 15 min.

Bake Time: 40-50 min.

Topping

- ¼ cup SPLENDA® Granular
- 3 Graham Crackers
- ¼ cup light butter
- 1 tsp. cinnamon
- 2 tbsp. flour

Filling

- 3 cups peeled and sliced bartlett pears
- 2 tbsp. flour
- ¼ cup SPLENDA® Granular
- 1 tbsp. lemon juice
- 3 tbsp. water
- ½ tsp. cinnamon

1. Preheat oven to 350°. Spray an 8x8-inch baking dish with cooking spray. Set aside.

2. Place all topping ingredients in the bowl of a food processor. Blend until crumbly. Set aside.

3. Toss together all filling ingredients. Place in prepared baking pan. Cover with topping.

4. Bake in preheated oven



40-50 minutes or until bubbling around the edges.

Nutritional information per serving: Total calories 90; Calories from Fat 40; Total Fat 4.5g; Saturated Fat 2.5g; Cholesterol 15mg; Sodium 60mg; Total Carbohydrate 13g; Dietary Fiber 3g; Sugars 6g; Protein 2g

Exchanges Per Serving: 1 fruit, 1 fat

Note: This recipe when compared to a traditional pear crisp represents a 57 percent reduction in total carbohydrates, a 54 percent reduction in calories, a 46 percent reduction in fat, a 44 percent reduction in saturated fat and a 75 percent reduction in total sugars!

SPLENDA® Brand Sweetener is produced by McNeil Nutritionals, a division of McNeil-PPC, Inc. which markets innovative nutritional products and dietary alternatives.

For additional information or more recipes, go to www.splenda.com. For product information, call 1-800-7-SPLENDA.