

May 2009

What a great month May was but it also made me wish I was able to travel more and work less. When we got home, I was shocked to see what I had to do to get things back on track. The garden was overgrown because of neglect. It made me think of the times I had neglected to watch my diet and I, too, was OVERGROWN. Thankfully I was able to remove the bad things (weeds), water it well and it was beautiful once again. Life is like that. We must remove what is hindering us, nourish ourselves properly, and enjoy the benefits. During my vacation I was attending two graduations and when the outstanding undergraduate gave her speech she talked about the fact that commencement actually is not a word meaning ending but, instead, meaning beginning. How true this is. Our goal is not to just to lose our excess weight but to keep it off. Always remember that excess food can go to *Waste* instead of to *Waist*. Leave at least one bite of each food on your plate and see if you don't feel in control. Pick a goodie (i.e., ice cream) that you love and don't eat it for a week. The next week, ice cream plus maybe cookies, then week 3, add candy to no-no's. TX284 Farmers Branch is using this as a contest and it brings results.

Aren't' you glad there is so much fresh fruit in the stores right now. Strawberries are so good and if you must dress them up to feel special try a little dash of Amaretto coffee creamer on them in a pretty dish (only 35 calories a TBSP).

Here is a great-low cal recipe to delight everyone ^{AS} you "lighten" your weight.

STRAWBERRY FRUIT PIE

1 1/2	cups	boiling water
1	pkg	(8-oz.serving size or 2 packages (4-serving size) JELLO brand Strawberry Flavor Sugar Free Low Calorie Gelatin Dessert
1	cup	ice cubes
2	pints	strawberries, sliced
1	whole	graham cracker, crushed

Spray 9-inch pie plate with no stick cooking spray.

Stir boiling water into gelatin in large bowl 2 minutes or until dissolved. Add ice cubes, stirring until melted. Refrigerate 30 minutes or until slightly thickened.

Stir in strawberries. Pour into pie plate. Sprinkle crumbs around edge of pie.

Refrigerate 3 hours or until firm. (Makes 8 servings) (Calories: 40).(0 grams of fat)

Exchange: 1 fruit.

*Tops Love
Joyce*