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Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

**Best Recipes: Hot Buttered Rum Fruit**

**By Donna Monday**

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Directions

Preheat oven to 325 degrees.

Arrange fruit in an ungreased 12x8-inch baking dish.

Stir in margarine; cook until melted. Remove from heat; stir in rum. Pour over fruit.

Bake for 25 minutes or until hot and bubbly.

Makes 10 half-cup servings.

<http://www.best-brownie-recipes.com>

**Tropical Fruit Smoothie**

**By News Canada**

1-1/2 cups (375 mL) cut-up, frozen tropical fruit (peaches, cantaloupe, kiwifruit, pineapple, mangos)\*

2 cups (500 mL) Ocean Spray® Cranberry Cocktail

For an adult version add coconut or golden rum to taste.

\* Or freeze any combination of cut-up fruit (strawberries, bananas, apples, pears, etc).

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