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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Chips & Dip, Dessert Style

By Kori Puckett

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Applebees and Chilis have been my two favorite restaurants ever since I was a kid. I can't remember if it was Applebees or Chili's that had the vanilla ice cream scroop with nuts, fudge and a cherry on top sitting in the middle of cinnamon chips in the shape of tortilla wedges. That was one of my favorite desserts. No matter how full I was, I always ordered that dessert.

Thinking about this made me get a bit nostalgic and I wondered if there was a way I could re-create that recipe. I searched on the Internet, and sure enough I found what I was looking for. So here's what I call Dessert Style Chips & Dip. :-)

Cinnamon Chips w/Ice Cream

2 cups sugar/cinnamon mix
butter flavored cooking spray
10 (10 inch) tortillas (flour or corn)

Preheat oven to 350 Fahrenheit. Coat each side of each tortilla with cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of sugar/cinnamon and spray again with cooking spray.

Bake in oven for 8 to 10 minutes (ovens may vary). Repeat with any remaining tortilla wedges, and allow to cool for approximately 15 minutes. Serve with any flavor ice cream you want.

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Or alternatively, you can serve it with fruit and spice mixture called Fruit Salsa/Dip. In a large bowl, mix:

2 kiwis (peeled and dried),
2 apples (peeled, cored, and dried),
1 (8 ounce) package of raspberries,
1 pound of strawberries,
2 tablespoons of white sugar,
1 tablespoon of brown sugar,
3 tablespoons of fruit preserves (any flavor)

and cover and chill in refrigerator for 15 minutes.

Here's a great tip I got from one of my YJD subscribers: if you don't want to use sugar, or you want to cut down on the calories, you can substitute Splenda (or your other favorite sugar substitute) instead. This can work for can apply to other dessert recipes containing sugar as well.

This article provided by Kori Puckett, publisher of 300+ delicious, old fashioned, homemade dessert recipes at <http://www.VintageSweetTreats.com>.

What Do I Do With All These Packets Of DIP Mix?

By Nicole Dean

It seems that everyone uses dip mix but me. I've managed to accumulate quite the collection of dip mixes. (Ranch, jalapeno, Mexican, etc.)

What can I do with these other than make DIP?

Signed, Drowning in Dip

Dear Drowning in Dip,

I hear you! I find myself in the same situation. But, I ended up with my pantry over-flowing in dip and finally found some solutions. I hope they help you, too.

All you need to use your dip mix is sour cream, mayonnaise or cream cheese. From there, the possibilities are endless.

Tuna to the Rescue: If you enjoy tuna sandwiches, but get tired of the boring standard of tuna and mayonnaise, then make some `fancy' mayonnaise. A few hours before you want your tuna sandwich, mix some mayonnaise and dip packet together. Let it sit. Then, when you want to enjoy your tuna

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sandwich, simple mix the `fancy mayonnaise' with your tuna - and you've got a winner.

Turkey Wrappers: Have cream cheese sitting around? Mix it with some dip and microwave for a few seconds. Then, get out a tortilla wrapper, pile some of the cream cheese and turkey slices on the wrapper and microwave for another few seconds. The cream cheese should be all smooshy and the wrapper will roll up nicely. Add fresh veggies or just enjoy as is.

Potato - A cheap, healthy meal: Mix a packet of dip mix with a container of sour cream (to taste). Let it sit for at least one hour. Microwave or bake your potato as you normally would. Then, top with cheese, veggies, leftovers, meat, beans, etc - and a dollop of your flavored sour cream. Voila!

Pasta Salad - Any noodle salad that pairs mayonnaise with noodles can be enhanced with dip mix. It's much cheaper than buying deli salads and it's very simple. All you need are noodles, mayonnaise, dip mix, veggies and meat. Try it. You'll love it!

So, use up those dusty dip packets and you just might find yourself becoming a fan of those little dip packets in your pantry.

Nicole Dean is a freelance writer and owner of

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to day cooking? Grab a free cookbook at



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