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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!

Sugarless Peach Crisp

By Joyce Moseley Pierce

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by Joyce Moseley Pierce – 452 words

From time to time I realize that I am out of control with refined sugar and decide it's time to give it up. My first experience with being sugarless was about 15 years ago. I worked with a woman who was considering what she might give up for Lent. I liked the idea of sacrificing something and even though I wasn't Catholic, I decided to give up sugar. I went as far as reading every label and eliminating anything with "sugar" or any of its other names on the label. I also gave up anything with artificial sweeteners – they're even more questionable than the real thing! Six weeks later, I was amazed to find that I had lost 8 pounds.

I've tried giving it up several times over the years but have just never been successful. Until now. Two months into the program, I have lost about 6 pounds even though weight loss wasn't my purpose in giving it up. I wanted to see if I would have more energy if I could avoid those highs and lows caused by sugar. A great book on the subject is "Sugar Blues" by William F. Duffy. If you're really interested in trying this for yourself, it's a great book that I've read and referred to many times in the past 20 years.

Sugarless Peach Crisp

This time I bought Juicy Juice (TM) or other sugarless drinks to help fill the void. In the afternoon when I felt tired or deprived, I would fill a glass with a few ounces of juice and it was enough to raise my blood sugar and give me a more gentle "high." Before long, I realized I was going all day without even drinking the juice. The sacrifice has definitely been worth it. At times when I'm tempted, I remember how sluggish I used to feel after a cookie or ice cream cone, and I don't miss that irritated

feeling in my stomach at all.

Occasionally we have friends over for dinner and I feel required to fix dessert to finish off the meal. One of my favorites is peach crisp.

Peach Crisp

6 cups peaches – fresh or canned. I use the canned peaches that have no added sugar. Usually the sweetener is pear juice.

1/3 cups flour

1 cup oats

1 tsp cinnamon

1/3 cup melted butter

Put the peaches in a baking dish. Combine dry ingredients and add the melted butter. Mix it all up and distribute it over the top of the peaches. Bake at 350 degrees until it's bubbly.

This recipe is great for dessert and if you're lucky enough to have some left, it's a great breakfast. For those who aren't trying to watch the sugar intake, add a scoop of vanilla ice cream and watch it melt.

Joyce is a freelance writer and owner of Emerson Publications. She is the creator of "All They'll Need to Know," a workbook to help families record personal and financial information. ISBN 0–9725726
<http://www.emersonpublications.com/pages/843554/index.htm> She is also the editor of The Family First Newsletter, an ezine for families with young children.

Best Recipes: Mango Peach Smoothie

By Donna Monday

Do you like mangoes? You've got to try this delicious Mango Peach Smoothie. The mango gives this refreshing drink a luscious tropical twist and the peach brings a mellow groove that makes the flavors in this fruit smoothie really cool indeed.

Mangos are becoming very popular and are a lot easier to find in your supermarket fruit section. So why not try something a little different? Bring home a mango and enjoy it in a nice cool smoothie with some peaches and a twist of lime. Oh, how sublime.

Mango Peach Smoothie 1 cup peeled mango chunks 1 large peach, peeled, pitted, and cut into chunks 1 cup peach nectar 2 tablespoons lime juice

Directions

Combine all ingredients in blender and blend until smooth.

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Donna Monday

Easy to make - fun to drink

<http://www.1st-milkshake-n-smoothie-recipes.com>



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