



4. Garnish with raspberries and serve immediately.

NOTE: You may need to stop the motor once or twice and

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smooth, about 30 seconds.  
 NOTE: You may need to stop the motor once or twice and

## Quick Fix

Don't have time to preheat the oven and bust out the ramekins? Premade, individually wrapped sweet treats are the diet aid du jour. We sampled dozens. These are our seven faves.

**Barry's Bakery French Twists** (3¢) (\$1 for a box of two, [barrysbakery.com](http://barrysbakery.com) for stores) These crisp, flaky pastry twists come in original flavor, chocolate, or cinnamon. Ooh la la!  
 Per box: 120 calories, 4 g fat (1 g saturated), 50 mg sodium, 18 g carbohydrates, 0 g fiber, 0 g protein

**CocoaVia Chocolate Covered Almonds** (5¢ for five 1-oz packages, [walgreens.com](http://walgreens.com)) You can't go wrong with whole almonds covered in intense (but not too sweet) chocolate.  
 Per package: 140 calories, 11 g fat (3.5 g saturated), 0 mg sodium, 12 g carbohydrates, 3 g fiber, 3 g protein

**Crispy Green Crispy Fruit** (1¢.20 to \$2 for a 0.36-oz packet, [crispygreen.com](http://crispygreen.com)) Each package contains one or two whole apricots, apples, or peaches, freeze-dried

### Popcorn, Indiana All-Natural Kettlecorn

(\$1 for a 1-oz bag, [popcornindiana.com](http://popcornindiana.com)) Jonesing for salty and sweet? Satisfy both cravings with this lightly sweetened popcorn—a perfect substitute for that tub o' lard you usually get at the movies.

Per bag: 165 calories, 6 g fat (0 g saturated), 207 mg sodium, 27 g carbohydrates, 3 g fiber, 0 g protein



(0 g saturated), 50 mg sodium, 16 g carbohydrates, 1 g fiber, 2 g protein

**Popcorn, Indiana All-Natural Kettlecorn** (1¢) (\$1 for a 1-oz bag, [popcornindiana.com](http://popcornindiana.com)) Jonesing for salty and sweet? Satisfy both cravings with this lightly sweetened popcorn—a perfect substitute for that tub o' lard you usually get at the movies.

Per bag: 165 calories, 6 g fat (0 g saturated), 207 mg sodium, 27 g carbohydrates, 3 g fiber, 0 g protein

**Whole Fruit Frozen Yogurt & Sorbet Swirl** (\$3.50 to \$4 for six 3.5-oz servings; 800-423-2763 for store locations) The perfect blend of creamy vanilla frozen yogurt and tangy sorbet (in lemon, peach, raspberry, or strawberry).

Per serving: 100 calories, 1 g fat (0.5 g saturated), 35 mg sodium, 20 g carbohydrates, 1 g fiber, 2 g protein

