

251 FAST & FESTIVE WAYS TO WOW A CROWD

December 3, 2007

healthy living made easy



PAULA DEEN'S BEST CAKE EVER!



# First

## HAPPY ENERGY EVERY DAY

**TIRED? CRANKY?** The quick fix for the 80% of us who suffer from over-worked adrenal glands

## STRESS—STOPPED

Jen's secrets to keeping her cool—no matter what!

Salon secrets!

## YOU, BODY BEAUTIFUL

Genius stylist tricks that slim every body type

3 ways to outsmart guilt

# DROP 31 LBS



Better than Alli!

Heather lost 93 lbs!

Lose belly fat first!

## by Christmas

### INSTANT HOME CURES

- ✓ Constant cravings
- ✓ Trouble sleeping
- ✓ Sneaky allergies
- ✓ Achy joints
- ✓ GI upsets

Discover the PHYTONUTRIENTS that MELT STUBBORN FAT 156% FASTER



Serve up smiles with A CUPCAKE TREE!

\$2.49 Display until 12/3/07





## These three wines are from Galilee!

An Israeli father and son have teamed up to bring America three unique wines made from grapes grown by the Sea of Galilee, where Jesus is said to have turned water into wine. "I hope to provide a way to strengthen the bond between Israel and those who may feel disconnected from it by bringing wine from Galilee to Christian homes," says Adam Haroz,

the younger member of the team. The Grapes of Galilee wines are available in a 2005 Cabernet Sauvignon, a 2005 Merlot and a 2006 Chardonnay. Log on to [Haroz.com](http://Haroz.com) to purchase (\$14 for 750 ml).



## WE'RE HERE TO HELP!

Does a recipe have you baffled? Is there a cooking technique you'd like to do better, faster? Looking for food-storage advice that could help save you money? Ask Kate! *First's* executive food editor knows so much about cooking and food-keeping that all of us *First* staffers go running to her with our everyday questions and frustrations. So why shouldn't you? Just e-mail your questions to [askkate@firstforwomen.com](mailto:askkate@firstforwomen.com). While Kate can't always answer each e-mail individually, she will use your questions as the basis of our Smart Food Solutions page. So by asking, you're helping out all 1.5 million *First* readers!

## Easy is an understatement.

Fleischmann's 1-Dish Bake & Rise recipes – all you'll need is 20 minutes of prep. Simple. Fast. Delicious.



### FAMILY FAVORITE

**1-Dish**  
Bake & Rise

**Fleischmann's® 1-Dish Hot Fudge Swirl**

BAKE: 25 - 30 MINUTES SERVES: 8

#### Fleischmann's 1-Dish Bake & Rise Batter:

Mazola Pure™ Cooking Spray  
1-3/4 cups all-purpose flour  
2 envelopes Fleischmann's® RapidRise Yeast  
2 tablespoons sugar  
1/2 teaspoon salt  
3/4 cup very warm water (120° to 130° F)  
2 tablespoons butter OR margarine, melted



#### Topping:

1 cup (11.75 oz.) hot fudge sauce, regular OR dark chocolate (Don't substitute chocolate syrup for hot fudge sauce)

#### Icing:

1 cup powdered sugar  
1 to 2 tablespoons milk



**MIX** batter ingredients in a pre-sprayed 9-1/2 inch deep dish pie plate.



**TOP** batter with evenly spaced spoonfuls of hot fudge sauce. Using spoon, swirl fudge sauce into batter.



**BAKE** by placing in a COLD oven; set temperature to 350°F. Bake 25 to 30 minutes, until lightly browned and firm in center. Cool 10 minutes. Combine icing ingredients and drizzle over warm cake.

**Fleischmann's Yeast**

[www.fleischmanns1dish.com](http://www.fleischmanns1dish.com)



**BAKE TO BEAT BREAST CANCER!**

Visit [bakefortheure.com](http://bakefortheure.com) for recipes and details.

ACH Food Companies will donate 75 cents to Susan G. Komen for the Cure for each loaf of purchase submitted through October 31, 2008. Minimum donation of \$25,000 US to \$350,000. For details, go to [www.bakefortheure.com](http://www.bakefortheure.com). For breast health information, visit [www.komen.org](http://www.komen.org) or call 1-800-1M-AWARE.

**Fleischmann's**

**RapidRise**

HIGHLY ACTIVE YEAST®

All Natural