

Sweet without sin

How's about some low-cal desserts? Whether you're diabetic or dieting, you can have your cake and eat it if you use **Equal** the sweet alternative. Try a low-fat blueberry muffin recipe.



Raspberry and White Chocolate Muffins Makes 10

1½ cups self-raising flour / ½ tsp mixed spice / 1 cup oatbran / ¾ cup Equal Spoon for Spoon / 140 g apple & strawberry puree / 200 g 99% fat-free vanilla yoghurt / 1 egg, lightly beaten / 2 tbsps light olive oil / 150 g frozen raspberries / 20 g white chocolate

METHOD

Preheat oven to 200°C. Lightly grease 10 muffin tins with canola cooking spray and line with muffin cases. Sift together the flour and mixed spice. Stir in oatbran and Equal. Whisk together the apple and strawberry puree, yoghurt, egg and oil. Stir into the dry ingredients and mix to combine. Gently fold through ¾ of the raspberries.

Fill muffin tins, press the remaining raspberries into the tops of the muffins. Bake for 25 minutes or until risen and golden. Remove muffins from the oven and finely grate white chocolate over the top.



Bedroom antics

Durex has launched a whole array of fun adult products in their Play range. If you're trying for a baby (or not), there are cute vibrators – very cleverly designed for just \$18 and \$19. Then, there's a sweet cherry flavored lubricant (\$11) and the Pleasuremax Warming Condom. To find out more, check them out at family stores and pharmacies.



Got milk?

Milk powder is more than a good source of calcium when it comes to **M-Vital GT&F**. It contains magnesium, protein and vitamins to prop the **Glucose Tolerance Factor (GTF)** in our body. GTF is supposed to regulate blood glucose level and aid weight management. It may be deficient in people with poor diets or under constant stress. Hmm, sounds like every one of us already. Other benefits include muscle development and delaying of the skin's aging process. Halal and in powder or capsules at \$139, from all Leonard Drake Skincare & Health Spa Centres including #B1-19 Causeway Point, #04-04 Parkway Parade and #26-02 Ngee Ann City Tower B. – Hazel Yong

