

## Borrowed from the blogs! ★

We bring the fun from the Internet to your kitchen!

### Star-spangled dessert nachos!

Who says nachos have to be savory? "In this dessert, the berries are the 'salsa,' the cinnamon crisps are the 'chips,' and the coconut cream is the 'cheese,'" says Jen of TheScrumptiousPumpkin.com. "The flavors are sophisticated but still fun and festive for the Fourth of July!"

#### Make it yourself!

● Preheat broiler. Line baking sheet with parchment paper. Mix 1 1/2 Tbs. sugar and 1 tsp. cinnamon. Using star-shaped cookie cutter, cut star chips from 8 whole-wheat flour tortillas. Or use knife to cut tortillas into small triangles. Place layer of chips (they should not overlap) on baking sheet. Brush chips with 1 Tbs. canola oil. Toast under broiler for about 1 minute until lightly golden. Remove from broiler; immediately sprinkle with cinnamon-sugar mixture. Cool. On medium-low speed, beat 8 oz. 1/3 less fat cream cheese until smooth.

● Serve chips with 1 lb. diced strawberries and 10 oz. blueberries (about 1 1/3 cups) and coconut cream.

Makes 8 servings.



● For a crowd, I like to fill separate bowls with each of the nacho components, then let everyone build their own red, white and blue desserts!

—Jen, TheScrumptiousPumpkin.com

## Have a happy 4th of July!

### 1 Set out the Stars and Stripes!

Whether you hang red, white and blue bunting from your front porch or set out patriotic toothpicks with your party appetizers, simply catching a glimpse of the flag can give your mood an instant boost! Researchers explain that it strengthens your sense of national identity and pride, which, in turn, makes you feel happier and more confident!



### 2 Boost your pep with a beer!

Surprise! Spanish researchers have discovered that beer actually works more efficiently than water to rehydrate and re-energize you after you've been physically active! The reason? As the scientists explain, the brew's carbonation works to quickly quench your thirst, while its carbohydrates help to restock your energy stores.

### 3 Take in a parade!

Attend an annual event like your town's Fourth of July parade or the local fireworks display, and Syracuse University researchers say you'll enjoy an instant happiness boost! That's because taking part in such rituals reduces levels of stress hormones in your body and even brings loved ones closer together.



### Kids are funny!

After I had heart surgery, I put "do not lift" notes around the house to remind me not to lift anything heavy. I stuck one on the front of the refrigerator, too, as a general reminder. But when my grandson, Nick, came over and saw the note, he looked confused. "Grandma, why is this note here?" he asked. "It's not like you can lift a refrigerator anyway!"

—Rosemary Graham, De Soto, MO

### You deserve a little lift!

Hope: It'll take you anywhere you wish!



**Q.** What can you do with a blue whale?

**A.** Try to cheer him up!

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