

ENERGY STRAIGHT FROM THE HIVE

Question: Why is honey a great choice for quick natural energy?

Your body turns honey into energy almost immediately. That's because honey is composed primarily of fructose and glucose, which can be absorbed easily by the digestive system. These simple components need no additional refining or processing from their raw state—which is why honey is the only natural sweetener sold as is from the honey bees to you. Honey is a completely natural source for a quick energy boost.

What happens when you combine this natural energy booster with fruit juice and tea? You get a great-tasting, invigorating thirst quencher—perfect for hot, active summer days. It's a homemade sports drink, refreshing after a game of tennis, a pick-up basketball game or a long bike ride.

HONEY THIRST QUENCHER
2 cups brewed tea
2 cups orange, apricot or cranberry juice
1/4 cup honey

Combine all ingredients; mix well. Refrigerate if desired. Makes 4-1/4 cups.



Sports enthusiasts will be glad to know that honey is the Official Sweetener of the Seattle 1990 Goodwill Games. For hundreds of years, honey has been enjoyed by athletes everywhere—so it's only natural that honey plays a role in this worldwide athletic event.

To honor the athletes and pass along the goodwill, the National Honey Board has developed a booklet containing honey recipes based on favorites from 11 of the countries participating in the 1990 Goodwill Games.

If you would like a copy of this recipe booklet, send a self-addressed stamped envelope to the National Honey Board, c/o Evans Food Group, Dept. GM, 190 Queen Anne Ave. N., Seattle, WA 98109.

CALORIE COUNTDOWN

BY SUSAN DUFF

Summer Coolers

As temperatures rise, dieters are seeking ways to stay cool without taking in too many calories in lavish ice cream treats. The truth is, high-fat ice cream may be temporarily tempting, but it's a heavy dish that will only weigh you down on hot summer days. More appropriate is a lighter style of hot weather food, and much better for your figure, are some of the delicious low-cal coolers suggested below:

* Frozfruit yogurt bars have it all for dieters; low in calories (90 calories each), high in creamy rich taste for the gourmet palate and perfectly natural because the flavor, texture and sweetness come from real fruit and yogurt, rather than sugar or artificial sweeteners. Frozfruit yogurt bars come in five flavors—blueberry, peach, strawberry, strawberry-banana and raspberry—each with luscious pieces of fruit blended right in. Two of these yummy, cooling treats have fewer calories than just one of most ice cream bars.

* Mix yourself a chilly, slimming "milkshake" by combining two tablespoons of low-fat 2 percent or skimmed milk with eight ounces of low-cal chocolate diet soda. Add two ice cubes and whirl in the blender. A chocolaty delight at about 15 calories per tall, frosty glass.

* Make slimming popsicles by freezing your favorite diet drink. Sugar-free dry mixes for lemonade or other fruit drinks, or fresh fruit juice can be poured into popsicle molds with matching plastic handles (available in many children's stores or catalogs), or simply pour your favorite low-cal liquid into ice cube trays, freeze for a few hours until they begin to solidify, insert wooden sticks into the center of each cube and freeze until solid. (Most diet drinks have only a few calories per ounce and each cube will have only a few ounces, so you can count about

five calories per cooling, tasty cube-pop.

* Have fresh fruit with plain low-fat yogurt as a kind of reverse sundae—topping on the bottom, creamy stuff on top. Use fresh berries, or seasonal fruits such as peaches cut up into bite-size pieces; wrap in foil and place in the freezer for about an hour. Mix into one cup of plain low fat yogurt, one teaspoon vanilla extract, half a packet of artificial sweetener and half a teaspoon cinnamon; stir thoroughly. Spoon yogurt mixture over fruit. A filling, cooling treat that's about 150 calories, depending on the fruit you choose.

* And, on those occasions when you don't have a wide range of options, but you want to cool off without going overboard on calories, try these slimming possibilities: If you're out with the crowd and everyone's ordering an ice cream cone, go for one of the lower-calorie choices—one small scoop of raspberry sherbet in a waffle cone has 131 calories. For an evening cocktail at a restaurant before dinner, opt for a light beer (96 calories) or a white wine spritzer (75 calories), rather than sweet mixed drinks. (Mai Tais or frozen daiquiris, for example, add up to more than 250 calories.)

1990, Tribune Media Services

Chicken to Entertain With



If the simple thought of entertaining frightens you, here's a great recipe that's easy, elegant and sure to impress your guests. "Planning is a key ingredient to successful entertaining," says Nina Swan-Kohler, home economist for Gold-n-Fresh Chicken. Many women work outside the home, so being organized is essential when inviting others to your home for a meal. "I try to do as much as possible the night before, including setting the table, cleaning and preparing vegetables and making the dessert. So, when the guests arrive, I'm ready to enjoy the party, too," says Swan-Kohler.

Chicken with Spicy Fruit Sauce

- | | |
|--|---|
| 1 cup unsweetened pineapple juice | 1 package Gold-n-Fresh thin boneless, skinless chicken breast halves (about 1 1/4 pounds) |
| 1/4 cup golden raisins (dark raisins can be substituted) | 1/3 cup low-sugar strawberry spread |
| 1/2 teaspoon crushed red pepper | 1/8 teaspoon cornstarch |
| 1 clove garlic, minced | Green onion tops |

Combine pineapple juice, raisins, red pepper and garlic in large skillet; bring to a boil. Add chicken; cover and reduce heat. Simmer 10 minutes or till chicken is done, no longer pink. Remove chicken from skillet; keep warm. Bring cooking liquid to boil. Combine strawberry spread and cornstarch; stir into cooking liquid and cook till slightly thickened. Pour sauce over chicken; garnish with green onions. Makes 5 servings. Serve with lightly buttered noodles and steamed vegetables.

Entertaining tip: Serve this recipe restaurant-style. Place chicken on individual serving plate; pour sauce over chicken breast. Arrange noodles and vegetables on plate and serve to your guests.

For a free Chicken Cookbook, write to: Gold-n-Fresh Chicken, P.O. Box 2879, Cedar Rapids, Iowa 52406.

Goodness Gracious It's Good

Invite Your Favorite Bunch for a Brunch

Brunch parties are particularly appropriate during the warm weather months. And inviting a few friends over for a leisurely meal on a late weekend morning doesn't have to require hours of preparation. Stylish entertaining is easy by serving great quality foods very simply.

Raspberry Almond Coffee Cake
1/2 cup blanched slivered almonds
1 cup (8 ounces) sour cream
1/2 cup milk
2 tablespoons sugar
2 packages (7 ounces each) Martha White Raspberry Muffin Mix
Almond Glaze, following

Preheat oven to 350°F. Spread almonds in a single layer on baking sheet. Bake 5 to 7 minutes or until light golden brown; be careful not to burn. Allow almonds to cool; chop and set aside. Combine sour cream, milk and sugar in mixing bowl. Add muffin mix and stir to blend. Spread batter into greased 9-inch square baking pan. Sprinkle with prepared almonds. Bake 35 to 40 minutes or until golden brown and cake begins to pull away from sides of pan. Remove from oven and drizzle Almond Glaze over hot cake. Cool 10 to 15 minutes before serving. Makes 6 to 8 servings.

Almond Glaze: Combine 1 cup sifted confectioners' sugar, 2 tablespoons milk and 1/4 teaspoon almond extract in small bowl; blend well.

For more easy coffee cakes and breads, write for "Festive Breakfast Breads," Martha White Kitchen, P.O. Box 58, Dept. 590-A, Nashville, TN 37202.



Low Prices. And More.
Including The Best Variety Anywhere!

U.S. GRADE A COUNTRY STYLE OR HOLLY FARMS CUT UP FRYERS
59¢

U.S. Grade A Holly Farms Whole Fryers lb. 49¢

KROGER SPOTLIGHT BEAN Decaffeinated Coffee 3-lb. Bag \$2.99

FAT FREE, CHOLESTEROL FREE FROZEN DESSERT OR FROZEN DESSERT OR Sealtest Ice Cream 1/2 Gallon \$1.99

IN THE DELI-PAstry SHOPPE Whole Barbeque Chicken Baked Weight 1.75-lb. \$2.50

REGULAR OR DIET WITH NUTRASWEET Big K Soft Drinks 12-Pak 12-oz. Cans \$1.99

O'Henry Peaches Pound 69¢

Ole Carolina Sliced Bacon 1-lb. Pkg. 89¢

California Head Lettuce Each 69¢

IN OIL OR SPRING WATER Star-Kist Chunk Light Tuna 6.5-oz. \$1.29

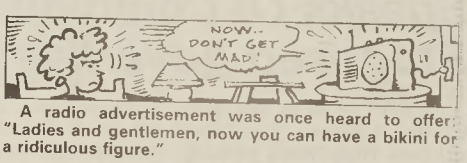
FROZEN BUTTERMILK OR KELLOGG'S Eggo Homestyle Waffles 11-oz. \$2.09

CONDITIONER OR White Rain Shampoo 16-oz. 99¢

NONRETURNABLE BOTTLE, CAFFEINE FREE DIET PEPSI, CAFFEINE FREE PEPSI, Diet Pepsi or Pepsi Cola 2-Ltr. NONRETURNABLE 16-oz. BTLs. 8-PAK \$2.00

COPYRIGHT 1990 - THE KROGER CO. ITEMS AND PRICES GOOD SUNDAY, AUG. 12, THROUGH SATURDAY, AUG. 18, 1990, IN DURHAM

ADVERTISED ITEM POLICY—Each of these advertised items is required to be readily available for sale in each Kroger Store, except as specifically noted in this ad. If we do run out of an advertised item, we will offer you your choice of a comparable item, when available, reflecting the same savings or a raincheck which will entitle you to purchase the advertised item at the advertised price within 30 days. Only one vendor coupon will be accepted per item purchased.



A radio advertisement was once heard to offer: "Ladies and gentlemen, now you can have a bikini for a ridiculous figure."

Register To Win A Trip To Kiawah Island, S.C. See Store For Details! One Winner Per Store