



Great Diet Tips

Some of you may know I managed to squeeze 20 pounds off this carcass over the past seven months. Here are some of the things that helped me do it:

Drink gallons of Celestial Seasonings tea. I'm nuts for their Bengal Spice to which I add a heaping tsp of Splenda and a big slog of fat-free creamo (available at Safeway) to each mug.

Don't eat butter or margarine. Just put a tiny skiff of jam or honey on toast.

Use Cognitive Behaviour Therapy on yourself when you reach for some food. Ask yourself if you're really hungry, or if maybe you're just bored, angry or lonely? Reason with yourself and walk away from the fridge.

Attend at least five one-hour fitness classes per week. The more calories you burn the more Breyers 70 calorie Fudgesicles you can eat.

Turning fruitcake haters into fruitcake lovers since 1996.

Monda Rosenberg, Food Editor of Chatelaine Magazine described the fruitcakes as 'wonderful' and said, "You make one of the best-tasting fruitcakes in Canada."

Isn't it time to order a few for Christmas??

September is my Favourite Month

Perhaps it's a strange coincidence that I love September and that it's also the month when there's a profusion of dahlias (my favourite flower) in the garden. Maybe it's also because I was a teacher for so many years, but I always think of September as a time for new beginnings. And to me, new beginnings mean new challenges, new goals and new adventures. I hope all of you are energized by it as well!

This month's recipe:

Green Tomato Relish

My lifelong pal, Alison, just sent me this so I can't call it tested, but I plan to make this in the next few days. It's her mother's recipe, so it can't be bad as Pauline was a home economics teacher.

- Chop up:
- 6 large green tomatoes
 - 8 large onions
 - 8 large apples
 - 2 red peppers
 - 2 green peppers

- Boil:
- 3 cups white vinegar
 - 3 Tbl. salt
 - 5 cups sugar
 - 1 tsp cinnamon
 - 1 tsp ground cloves
 - 1 tsp pepper

Add the vegetables to the brine and boil for 20 minutes. Place into jars and refrigerate. Wouldn't this make a lovely gift for Christmas?

The Beauty of the Old Fashioned Cocktail

I've been drinking white wine for decades, but for some reason I've developed a yen for the cocktails of yore. As a result, I've been enjoying Happy Hour at home more than ever! These drinks are simplicity in themselves, and super elegant when served in a martini glass. They're largely booze with a bit of citrus juices, so they kick like a mule. Try one and you'll never go back to those icky sweet cocktail mixes you buy at the store.

Margarita

- 2 oz tequila
- 2 oz Triple Sec
- juice of half a lemon
- juice of one lime

Whiskey Sour

- 2 oz whiskey
- 2 oz Triple Sec
- juice of one lemon

Either put the mixture in the fridge for a while, or else put in an ice cube for a few minutes and remove when serving. These are ONE big drink!

If you wish to unsubscribe, please e mail me, and I will remove your name from the list!

moni@fruitcake.ca

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This is really disturbing, but you wouldn't believe the number of people who still don't read my weekly blog. When confronted they profess it's not due to active avoidance, but is merely due to them not knowing it's there!!

I can't tell you how many people have confused the monthly newsletter, which is e mailed to them, with the blog, which you have to log onto on my site.

Here is this week's for anyone who'd like to follow the relentless march of the hapless entrepreneur.

<http://www.fruitcake.ca/newsletter/index.php>

Also, please check the Stores section of my site for places that will be carrying my products this fall and into the Christmas season.



NUTTIER THAN A FRUITCAKE™, Kelowna, British Columbia, V1W 2V1.
Phone 250.860.4174 E-Mail: MONI@FRUITCAKE.CA

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