

# **WHISTLE A HAPPY TUNE**

March 25, 2010 News Letter    Connie Crane area captain

Winter is finally over and the snow is all gone!! Spring has arrived with blooming crocus and daffodils scattered everywhere. The grass is getting green and the Cardinals and Robins are singing their songs.

Have you made plans to attend our State Recognition Days. April 16 and 17 in Indianapolis. There is still time to register. SRD is 2 days filled with workshops, inspirational stories from state winners, time for fun and an opportunity to meet TOPS members from across the state.

At a recent spring meeting, IN 379 Speedway shared with attendees a 100 calorie snack that is easy and inexpensive to make. The following is the recipe / directions for making.....

## **DESSERT NACHOS**

1/3 cup fat-free sour cream  
2/3 cup fat-free Cool-Whip, thawed  
Low calorie sweetener (Splenda) equal to 2 tablespoons sugar  
1/8 teaspoon ground cinnamon

5 large flour tortillas (we used the Azteca brand, found in the refrigerated section)  
Butter flavored nonstick spray  
1 tablespoon sugar  
1 tablespoon Splenda  
1/4 teaspoon cinnamon

1. In a small bowl stir together sour cream, Cool-Whip, sweetener and cinnamon to make dip; cover and chill.
2. Meanwhile, cut each tortilla into 8 wedges (a pizza cutter works great!) Arrange wedges on baking sheets. Spray wedges with nonstick spray. In a small bowl stir together sugar, Splenda and cinnamon; sprinkle over the wedges. Bake in a 400 degree oven about 5-6 minutes, or until crisp. Cool completely and serve with dip.

4 prepared wedges and 2 tablespoons dip equal approximately 100 calories

Until next month.....Whistle a Happy Tune  
connie

