

NEW LOOK!

spalife

2012



Spring-Romance



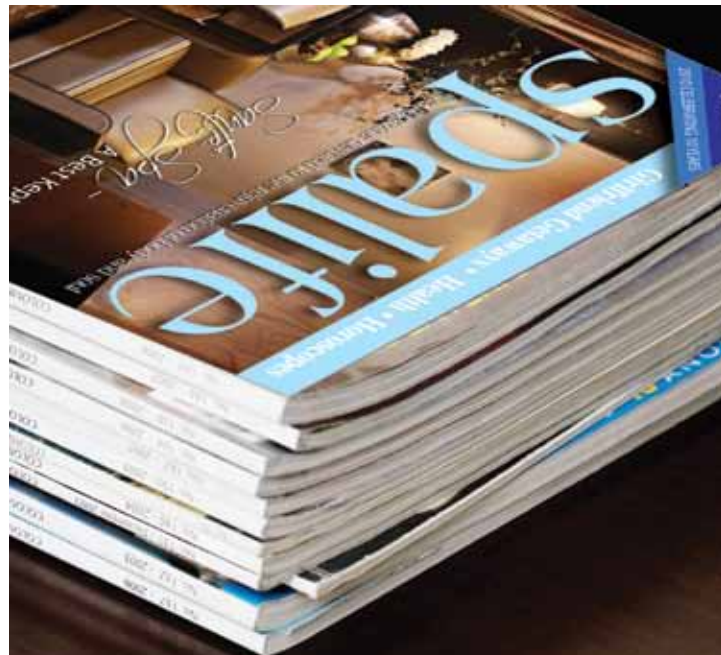
Summer-Secrets



Fall-Escapes



Winter-Luxury



Healthy Bites

Pomegranate Cheesecake Muffins

Ingredients:
 1 cup flour
 2 1/2 cups sugar
 1/2 cup baking powder
 1/2 cup oil
 1/2 cup non-dairy milk
 1 cup pomegranate juice
 1 cup milk
 1/2 cup melted butter
 1/2 cup non-dairy creamer

Method:
 Mix the ingredients (flour, sugar, baking powder, oil, non-dairy creamer) together. Add milk to the batter. Add melted butter. Mix until combined. It will be lumpy. Bake at 350°F for 12-15 minutes. Let completely cool on a tray.

Yields: 12 muffins.
 *Optional: Add 1 cup berries, 1 cup honey syrup and 1/2 cup pomegranate seeds to the muffins when completely cooled.

Healthy Bites

Pomegranate Molasses

This molasses is used in many Middle Eastern dishes. It goes well with Pash and Chicken. It can also be used to marinate vegetables, or to cook with a lemon glaze. It is used in many other recipes.

Ingredients:
 1 cup pomegranate juice
 1/2 cup sugar
 1/2 cup lemon juice

Method:
 Combine ingredients and sugar in a small pot. Reduce heat to medium. Stir and reduce to one-half cup. Approx. 20 min. Use immediately or freeze in small portions. Keep in fridge. Use within 1 month.

For marinades: Add 1/2 cup molasses to 1 cup of olive oil and a bit of garlic.

For drinks: Add 1/2 cup molasses to one or a glass of sparkling water to add a touch of sweetness to your drink.

Pomegranate Lemon Bars

Ingredients:
 1 cup flour
 1/2 cup sugar
 1 cup = 1/2 cup flour
 1/2 cup
 1/2 cup lemon juice
 1/2 cup butter
 1/2 cup pomegranate seeds (1/2 of a pomegranate)
 1/2 cup sugar
 1/2 cup lemon juice

Method:
 Preheat oven to 350°F.
 Cream butter and 1/2 cup sugar. Stir in 1/2 cup of flour. Press into 8" pan. Bake for 10 min.

Mix remaining ingredients. Sprinkle hot buttered. Bake slightly with no water. Approx. 20 minutes. Cool for several hours. Sprinkle with pomegranate seeds. Refrigerate. Set within a few days.

Recipes

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Rates and Specifications

INSERTIONS	1 insertion	2 insertions	3 insertions	4 insertions
1/12"	275.00	247.00	234.00	206.00
1/6"	500.00	450.00	425.00	375.00
1/3"	925.00	832.00	786.00	694.00
1/2"	1500.00	1350.00	1275.00	1125.00
f/p	2625.00	2387.00	2254.00	1969.00
ibc	3100.00	2790.00	2635.00	2325.00
ifc	3250.00	2925.00	2762.00	2437.00
bc	3500.00	3150.00	2975.00	2625.00
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