

DECEMBER 2008

# FamilyCircle



Speedy Family Suppers  
...  
Great Gifts Under \$25  
...  
Parents' Guide to Teens & Texting

## 1/Dec.

### FORGET THE FRUITCAKE

One healthy act begets another. So spread good tidings with these diet-friendly gifts.

#### **A no-calorie after-dinner treat**

Satisfy cravings for something sweet with **Tea Forté Dolce Vita dessert teas** in flavors like Coco Truffle and Belgian Mint (six for \$12, [teafort.com](http://teafort.com)).

#### **A built-in portion control system**

Prevent overeating with **Yum Yum Dishes**, which read, "Yum yum time is over" on the inside (\$22 for four, [yumyumdish.com](http://yumyumdish.com)).

#### **A delicious candle**

Enjoy sinful smells that are calorie-free, such as the **Joya Chocolate Brown Candle**, scented with cocoa bean and

fig (\$8 to \$25; [joyacandle.com](http://joyacandle.com)).

#### **A no-hassle garden**

Encourage the five-a-day habit with **Aerogarden**, a countertop dirt-free greenhouse that gives lettuce, tomatoes, herbs and more the right amount of H<sub>2</sub>O and light (\$150, [aerogrow.com](http://aerogrow.com)).

#### **A long-lasting indulgence**

Provide a creamy treat with **See's Gourmet Lollypops** in a variety of flavors—they have only 70-90 calories with as little as 2 grams of fat (from \$6.40 for 12, [sees.com](http://sees.com)).

Yum  
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