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THE MACOMB DAILY NEWS  

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## An elegant ladyfinger dessert for your love

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Macomb Daily Features Editor



Here's a last-minute dessert idea for your Valentine's Day meal that takes just 20 minutes to prepare and one hour to chill. Cafe Ladyfinger Dessert features a mixture of coffee, cream cheese, vanilla pudding and whipped topping surrounded by ladyfingers.

### CAFE LADYFINGER DESSERT

2 packages (3 ounces each) ladyfingers, split, separated

1 cup freshly brewed strong Maxwell House Coffee or Yuban Coffee, any variety, at room temperature, divided

1 package (8 ounces) fat-free cream cheese

2 cups cold fat-free milk

2 packages (4-serving size each) vanilla flavor fat-free sugar-free instant reduced calorie pudding/pie filling

1 tub (8 ounces) Cool Whip Free Whipped Topping, thawed, divided

Brush cut side of ladyfingers with about 1/4 cup of the coffee. Place ladyfingers on bottom and up the side of a 2-quart serving bowl.

Beat cream cheese and remaining 3/4 cup coffee in large bowl with wire whisk until smooth. Gradually beat in milk until smooth. Add pudding mixes. Beat with wire whisk until blended. Gently stir in half of the whipped topping. Spoon into prepared bowl; cover.

Refrigerate 1 hour or until ready to serve. Top with remaining whipped topping.

Makes 12 servings.

Nutrition information per serving: 110 calories, 2 g total fat, 1.5 g saturated fat. 30 mg cholesterol, 360 mg sodium, 19 g carbohydrate, 0 g dietary fiber, 8 g sugar, 5 g protein

From Kraft Foods

## Recipe for romance

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Want to cook up some romance for tonight's dinner? Here's how, says Robert Meyers-Lussier, author of "This Is Delicious! What Is It?"

"Cooking is a tool, perhaps the most powerful tool -- even arguably more powerful than sex," he says. "Why not use the power of food to entice your significant other and cook up some romance?"

Chocolate, champagne and oysters have long been considered seduction foods, he says, but other foods such as sweet basil, carrots, figs, garlic, ginger, honey and licorice also are "libido boosters," he says. "Mustard, nutmeg, pine nuts, pineapple, raspberries, strawberries and vanilla are often used to excite passion. In particular, foods which can be hand-fed are always a good idea."

And here are some "don'ts" from Meyers-Lussier:

- Don't serve huge portions of food. Feeling weighed down and stuffed is not romantic.
- Serve multiple courses in small portions.
- Save those extra garlicky recipes for another day.
- Take your time and space out the courses of your romantic meal. Expectation breeds desire.
- Remember the old standards: Create the right ambiance with soft music, dimmed lights and candles.



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