



MON 08.11.14 TUES WED THURS FRI

News



Show Me the Honey!

Spotted on Shelves...

Blue Diamond Almond Breeze Hint of Honey Almond Milk - Big news from the makers of an HG staple... In regular and Vanilla, these [new almond milks](#) are sweetened with a touch of honey! A 1-cup serving has 50 - 60 calories, 2.5g fat, 150mg sodium, 8 - 9g carbs, 1g fiber, 7 - 8g sugars, and 1g protein (**PointsPlus**® value 2*). Add some to smoothies, or (hot-couple alert) pair with Honey Nut Cheerios in your cereal bowl! Find refrigerated and shelf-stable versions at markets like Publix, Ahold, Kroger, Albertsons, Hy-Vee, and Brookshire's.

Applegate Half Time - These [lunch kits](#) may be meant for kiddies, but that won't stop us from enjoying 'em! The packs feature natural deli meat (turkey, ham, or bologna), cheese, crackers, fruit snacks, and tubes of flavored yogurt. Nice! Each package has 310 - 360 calories, 11 - 16g fat, 620 - 730mg sodium, 37 - 39g carbs, 1 - 2g fiber, 17 - 20g sugars, and 13 - 17g protein (**PointsPlus**® value 8 - 10*). In Target locations now, and hitting select supermarkets soon.

Mrs. Dash Table Blends - We're big fans of Mrs. Dash and her flavorful salt-free seasoning mixes, and [this latest line](#) is just one more reason to love her! The new blends are finely ground, so they're perfect for sprinkling on already-cooked food. Plus, they come in classy shakers -- pop 'em on your dinner table for last-minute seasoning. In Sweet Southern BBQ, Spicy Pepper with Garlic, Savory Lemon with Herbs, and Roasted Garlic with Herbs, a 1/4-tsp. serving has just 5 calories and 1g carbs (**PointsPlus**® value 0*) -- that's it! Shake it up...

BREAKING CHEWS: Introducing Our New Recipe Mini Site!!!

Ever since the HG daily emails launched in 2004, we've been cranking out the best guilt-free recipes our brains (and taste buds!) could conjure up. And while every recipe featured in the emails is archived on the site (because all the emails themselves are archived), we know what you *really* want is an easy-to-search, perfectly organized, beautiful section of the website devoted exclusively to recipes. Well, you asked for it -- and you got it!

Here are four things to know about our recipe mini site...

- 1. You'll find it at hungry-girl.com/recipes.** Or just click on the new Recipes tab at the top of hungry-girl.com/!
- 2. The search function is out of this world!** Not only will it find recipes in Popular HG Recipes (complete with photo previews!), but it will also search recipes in the main archives, the TV show site, the HG cookbooks, and more. Just look what happens [when you search cupcakes!](#)
- 3. In addition to the main category listings (Breakfast! Meatless! Holiday!), the recipes are tagged with super-useful phrases.** Find recipes with [5 ingredients or less](#), ones that take [30 minutes or less](#), dishes that serve [four or more](#) people, and [single-serving](#) recipes. Hooray for that!
- 4. Not every HG recipe is there, but the mini site is packed with all-stars!** From [guilt-free guacamole](#) to [amazing egg mugs](#), Popular HG Recipes is crammed with favorites from over the years. And we'll be adding more, so keep checking back.

There's LOTS to discover, so [head on over](#), and have fun!



Popular HG Recipes... Easier Than Ever to Find!



Gone But Not Forgotten...

The Buzz...

Oh, no! Our friends at The Laughing Cow are discontinuing some of their cheeses due to lack of demand. Say goodbye to the Light Blue Cheese wedges and the entire line of Smooth Sensations 1/3 Less Fat Cream Cheese Spreads. Sad! The good news? There's a new flavor... Welcome [The Laughing Cow Creamy Spicy Pepper Jack!](#) P.S. Keep an eye out for new packaging -- except for the Light Swiss, the 35-calorie wedges are no longer labeled Light (even though they totally are). *****Uh oh... Word is that a kale shortage could be on the way.** High demand in Australia has affected one of its biggest kale-seed suppliers. Eeeks! *****You know who's doing alright? Menchie's Frozen Yogurt.** The self-serve shop [recently ranked](#) tenth among Nation's Restaurant News' top growth chains. Cool! Before you head out for a treat, check out our [fro-yo survival guide](#). *****How good are you at making sandwiches? Really good? Award-winning good?** Gather your best ingredients for Arnold/Brownberry/Oroweat's ["America's Better Sandwich" recipe contest!](#) Enter by August 22nd for a shot at the \$25,000 grand prize. That's some serious bread... *****There's a new flavor of Extra Dessert Delights Gum on the market... Cinnamon Roll!** WOW. What will those flavor geniuses think of next? *****Let's wrap up the news with some wacky food laws from around the world.** According to this list, in Belgium, it's *legal* to throw Brussels sprouts at tourists! Crazy. And that's all we've got. *HG out!*

Side Dish Scoop: Food & Music Collide for FOOD NETWORK IN CONCERT!



[Brought to you by Food Network in Concert!](#)

Hey, Chicago (and folks anywhere near Illinois)... This is TOO exciting to miss! [Food Network in Concert](#) is the first-ever event of its kind. It's a day of awesome food and fantastic music... Superstar John Mayer and *American Idol* winner Phillip Phillips will perform live, and Food Network stars Sunny Anderson, Anne Burrell, Jose Garces, Alex Guarnaschelli, Jeff Mauro, Marc Murphy, and Geoffrey Zakarian will host meet 'n greets, food tastings (along with a slew of Chicago's hottest chefs!), and more. A portion of the proceeds go to Share Our Strength's No Kid Hungry® campaign to end childhood hunger in America. It all goes down September 20th in Highland Park, IL... [Click for the 411](#), and get your tickets NOW, before they're all gobbled up! #EatDrinkRock



Honey almond milk, cinnamon-bun gum, and an online database of popular HG recipes?! Click "Send to a Friend" to share the news!

CHEW ON THIS:
It's August 11th, National Raspberry Bombe Day. Apparently, a bombe is a molded ice cream dessert. We'll just pop a cup of berries over some light vanilla ice cream and call it a day!

Having mail issues? [Click here](#) for a printable, text-only version of this email. And [click here](#) for an HTML version.



We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising policies](#).

*The PointsPlus® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the PointsPlus® registered trademark.

Hungry Girl Inc., 18034 Ventura Blvd. #503, Encino, CA 91316

