

**"Now you can
indulge your sweet
tooth, without
over-indulging!"**

Susan Bellach: interior designer, scuba diver and diabetic.

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Thanks to Diet Delight, I'm not a stranger to desserts anymore. Because Diet Delight has a taste that satisfies the biggest sweet tooth. Naturally.

There's not a speck of processed sugar in Diet Delight. Or artificial sweeteners. Or anything else, but sun ripe fruit and good, natural juice.

And since they don't drown their fruit in thick, heavy syrup, a Diet Delight peach tastes like a peach, not like a syrup.

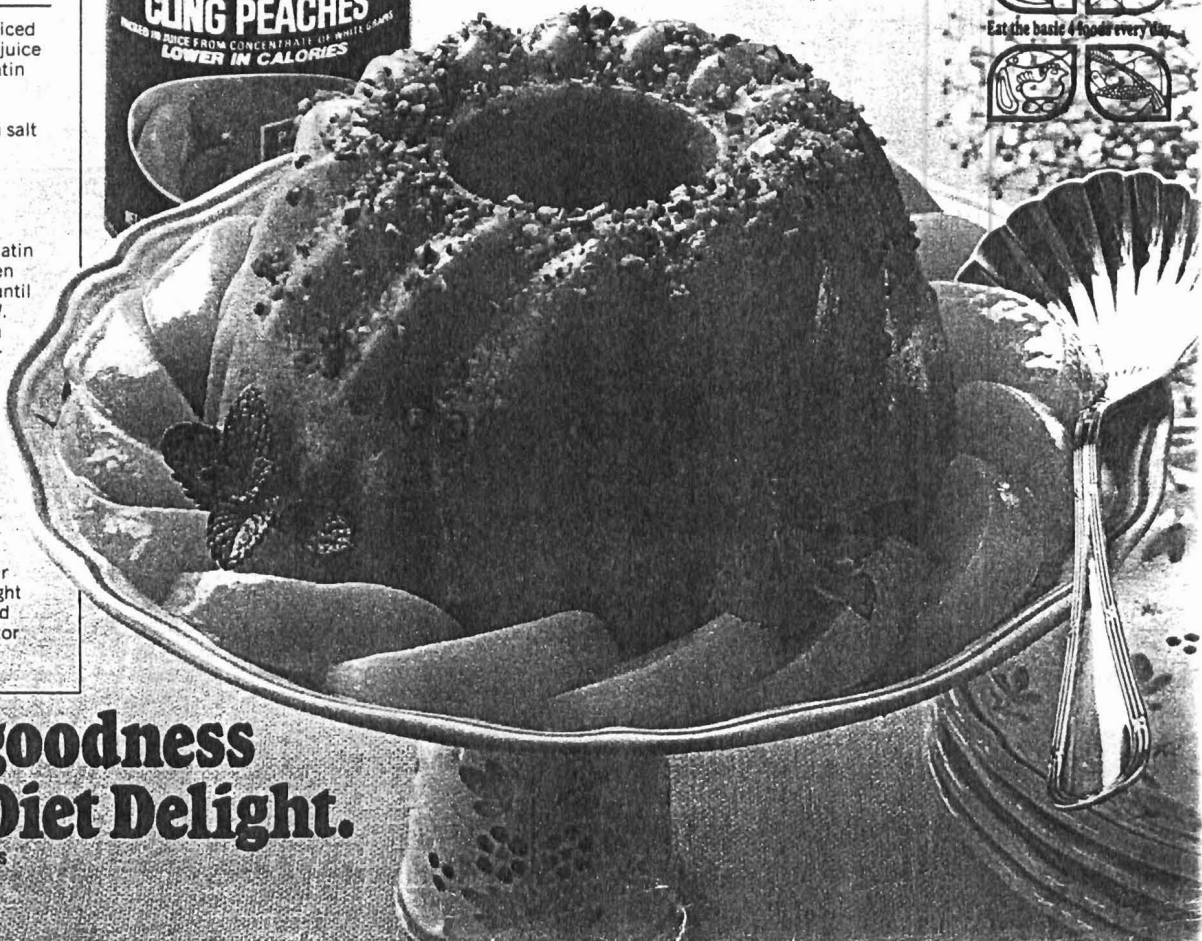
What's really amazing is that Diet Delight has all that good, natural taste, but only 60% of the calories you find in regular canned fruit.

Go ahead, indulge.

Susan Bellach's
Spicy Peach Mousse

- 1 16 oz. can Diet Delight Sliced Cling Peaches, packed in juice
- 1 envelope unflavored gelatin
- 1½ tsps. ground cinnamon
- ½ tsp. ground ginger
- ½ tsp. ground cloves, pinch salt
- 2 tsps. vanilla extract
- 1 c. nonfat milk
- 2 tbsps. 1 finely chopped pecans

Combine peach juice and gelatin in sauce pan. Wait 5 min., then cook over low heat, stirring until gelatin dissolves. *Do not boil.* In a blender, combine gelatin mixture and remaining ingredients except pecans. Blend until smooth. Pour into oiled 1 quart mold or individual souffle dishes. Chill until firm. Brown pecans in 350° oven (8-10 min.). Unmold mousse onto a plate and sprinkle with toasted pecans. Garnish with low calorie dessert topping. Serves 8 for an amazingly low 46 calories per serving! Of course, Diet Delight is only part of a well-balanced diet, so check with your doctor before you start any plan.



**Thank goodness
there's Diet Delight.**

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