

Tea Parties:

Enjoy tea, the beverage that revives, relaxes, and refreshes and perhaps keeps you healthier!

Since tea seems to be good for us why not celebrate? Tea parties are growing in popularity in this country and are a wonderful way to relax with friends. Take some time to treat yourself and a couple of special friends.

Healthy Tea Party Serving Suggestions:

Cucumber Dill Sandwiches made with low-fat cream cheese

Fresh fruits such as strawberries, apple slices, and grapes or fruit kebabs

Smoked salmon or trout served with unsalted pepper crackers, rye crisps, or bagel crisps

Mini bran or fruit muffins

Low-fat cheese cubes

Your favorite tea selections (do not be afraid to try new ones)

Some sweet treat recipe ideas to serve at tea:

Mini Raspberry Tarts

$\frac{3}{4}$ cup margarine, softened

1 package (8 ounces) reduced fat cream cheese, softened

8 packets artificial sweetener (such as Equal or Sweet One)

2 cups all-purpose flour

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ cup low sugar raspberry jam

Beat margarine, cream cheese and sweetener in a bowl until fluffy. Mix in flour and salt to form a soft dough. Cover and refrigerate until dough is firm, at least 2 hours. Roll dough on lightly floured surface to $\frac{1}{8}$ -inch thickness. Cut into rounds with a 3-inch cutter. Place a rounded $\frac{1}{4}$ teaspoon of jam in the center of each round. Fold rounds in half and crimp edges firmly with a fork. Prick tops of cookies with a fork. Bake cookies on greased baking sheets in a preheated 350 degree oven until lightly browned, about 10 minutes.

Per 2cookies: 160 calories, 14 grams carbohydrate, 10 grams fat, 8 milligrams cholesterol, 159 milligrams sodium. Exchanges: 1 bread/starch (1 carbohydrate choice), 1 fat.

Free Chocolate Kisses

3 egg whites, at room temperature
½ teaspoon cream of tartar
1 cup superfine sugar
2 tablespoons unsweetened cocoa, sifted

Beat egg whites, on high, in a small bowl until foamy; add cream of tartar and beat until egg whites hold soft peaks. Beat in sugar, 1 tablespoon at a time. When all sugar has been added and mixture holds stiff peaks but is still glossy, gently fold in sifted cocoa, 1 tablespoon at a time. (Do not beat meringue after stiff peaks are formed.). Spoon kisses by scant teaspoonfuls 1 inch apart onto an ungreased non-stick baking sheet. Bake in a preheated 275 degree oven for 20 minutes or until "dry" to the touch. Cool before removing from the pan. When completely cool, store in a dry, airtight cookie tin. Yield: 9 dozen. Per kiss: 8 calories, 2 gram carbohydrate. Exchanges: Free Food up to 2 kisses. 1 fruit (1 carbohydrate choice) for 8 kisses.

Date-Pecan Cookies

1 egg
7 dried dates
½ cup sugar
1 cup all-purpose flour
½ teaspoon baking soda
Pinch of salt
24 pecan halves

In a blender, puree egg and dates until finely chopped. Pour into a mixing bowl. Add sugar. Combine the flour, baking soda and salt; add to date mixture and mix well. Drop by rounded teaspoonfuls onto greased baking sheets. Top each cookie with a pecan half. Bake at 350 degrees for 13-15 minutes or until golden brown. Yield 2 dozen. Per 3 cookies: 175 calories, 30 grams carbohydrate, 6 grams fat, 9 milligrams cholesterol, 12 milligrams sodium. Exchanges: 2 fruits (carbohydrate choices), 1 fat.

To find out more about tea:

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