Quickbites ~

I think of long, hot summer days as the perfect excuse to dive in...to a generous portion of cool, creamy chocolate pudding. So, in this issue of Quickbites, we've brought you recipes for 8 Mouthwatering Chocolate Pudding Desserts, made Weight Watchers style, that you can dive into whenever you like.

Planning summer get-togethers? How about uninviting the food? There are many ways to enjoy friends and family without gathering at a table. Read our article Hang Out without Dining Out for inspiration.

But let's say you are planning a summer theme park outing. We all know how easy it can be to succumb to cotton candy and soft serve. Check out How to Stay on Track at a Theme Parkfor strategies that will keep you focused on the fun, and off the unhealthy food choices.

And if don't think a combo of gooey cheese, crispy chips and savory beef can fit into your Plan, we're delighted to set you straight. Our lightened up version of Beef Nachosincludes ground beef, baked tortilla chips, shredded cheddar, and refried beans, and weighs in with a ***PointsPlus***® value per serving of just 3!

Enjoy!

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