Quickbites ~

The ghosts, goblins and witches of Halloween are just a few days away. But what’s really scary for many of us are all the chocolates, caramels, and candy apples that appear this time of year.

Fear no more - here’s Quickbites to the rescue. In our article, The Trick to Treats, we give you tips, recipes and strategies to help you deal with the candy cravings and even splurge a little on this special night.

For nighttime workers though, eating well can be a constant challenge in your life. Be sure to read Keeping it Off on the Night Shift to find out how to add healthy habits round the clock.

And, even if you’re a nine-to-fiver, nighttime snack cravings can undo your all-day progress. So check out Beating Late Night Eating for ways to keep temptation at bay.

And finally, a great fall recipe. Our Pumpkin Gratin combines sweet caramelized onions with creamy pumpkin for a decadent tasting side dish that has a PointsPlus® value of just 3 per serving.

Happy Halloween!

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