MIRACLE INSOMNIA CURE! Heal yourself in just one evening!

Lie about your age!
Simple, surprising makeup tricks that erase 10 years from your face!

ENERGY TO BURN!
Centuries-old Indian herb will make you 85% less tired!

HOT SUMMER CRASH DIET!
LOSE 20 lbs by July 4!
Melt fat like butter on the plan that made Cosby star Raven-Symoné 80 lbs SLIMMER!

KITCHEN MOOD BOOSTER!
The spice that’s as powerful as Prozac—with NO side effects!

Recipes for GREAT HEALTH
- Summer soup
- Lower stress
- Eat omelet
- Prevent breast cancer

Invite friends and family for Summer party fun!
You Deserve
The Best . . .
Frozen yogurt!

What would summer be without frozen yogurt? With these low-fat picks—packed with healthy active cultures—you'll be indulging in your own pint of cloud nine, guilt-free!

If you want . . .

**A CHOCOLATE ESCAPE:**
Stonyfield Organic After Dark Chocolate Nonfat Frozen Yogurt
When Toby Amidor (TobyAmidorNutrition.com), dietitian and nutrition expert for the Food Network, has that chocolate itch, she scratches it with a spoonful of this frozen yogurt. “Creamy and chocolatey, with only 100 calories and no fat per half-cup, it satisfies my cravings,” she says. “I like to top it with raspberries and 1 tsp. of chocolate syrup for a little bit of heaven in a cup.”

$3.99; TasteTheDream.com for stores

**FIBER-ENRICHED BERRY BLISS:**
Julie’s Organic Lowfat Blueberry Frozen Yogurt
“Made with organic blueberries bursting with flavor, it’s the perfect blend of creamy and fruity,” raves chef Lauren Braun Costello, author of The Competent Cook (TheCompetentCook.com). “Plus, it has a good-for-you secret ingredient: NutraFlora, a natural probiotic fiber that aids digestion—guilt-free gluttony!”

$3.99-$4.39; JuliesOrganic.com for stores

**IMMUNITY BOOSTING CRUNCH:**
Turkey Hill Honey Vanilla Granola Frozen Yogurt
“This frozen yogurt gives you the unique combination of creamy yogurt, crunchy cinnamon granola and sweet honey,” says recipe developer Jennifer DuPont (EpicFoodEats.blogspot.com). “It’s only 150 calories per serving, and the honey boosts your immune system.” Bee-licious!

$3.99

**NONDAIRY DESSERT:**
Almond Dream Frozen Non-Dairy Dessert
This new lactose-free frozen dessert is full of flavor, promises Ellie Krieger (EllieKrieger.com), host of Food Network’s Healthy Appetite with Ellie Krieger. Naturally cholesterol-free and gluten-free, “it’s all-natural, free of refined sugars and, because it’s made from almonds, it’s a great source of vitamin E!”

$3.75; TasteTheDream.com for stores

**THE CREAMIEST VANILLA:**
Dreyer’s Slow Churned Rich & Creamy Vanilla Yogurt Blends
Is frozen yogurt better for you than ice cream? Only if the fro-yo meets certain criteria, reveals dietitian Elizabeth Somer (ElizabethSomer.com), author of Eat Your Way to Happiness. “You have to look for frozen yogurt that has no more than 150 calories per half-cup,” says Somer. At 100 calories, Dreyer’s Frozen Yogurt more than beats that limit!

$5.99

**THREE FLAVORS IN ONE:**
Friendly’s Fudge Berry Swirl Frozen Yogurt
“The light and creamy vanilla wonderfully offsets the richness of the fudge,” says ice cream maven Bethany Schlegel (Seesopillacious.blogspot.com). “And while many frozen yogurts contain artificial-tasting chocolate chunks, these melt in your mouth.” A yum bonus? “The raspberry swirls add a layer of flavor that perfectly blends with the chocolate and vanilla.”

$5.99