

CHEW ON THIS: FUN, FAST AND FLAVORFUL NEWS ABOUT FOOD

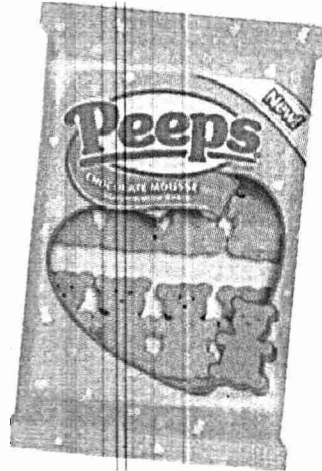
SWEET NOTHINGS

Just when you thought it was safe to assume they'd made every possible shape and color and flavor of Peeps, they make another one.

Just Born, the company that makes Peeps in Bethlehem, Pa., has unwrapped Chocolate Mousse-flavored Marshmallow Bears for Valentine's Day 2009.

Now their Valentine's Day lineup includes Sugar-Free hearts; Pink Hearts; Vanilla Cream Hearts; and Strawberry Cream Hearts.

Used to be we had to wait all year to eat the classic yellow chicks at Easter. Adults ate them with nostalgia, kids ate them because of the sugar. The chicks have been squished, microwaved, dressed, left out to go stale, used to decorate cakes, devoured and shoved aside by chocolate lovers. It's a tough life, but they just "peep" coming back.



RECIPE SEARCH MADE EASY

If you're sick of looking for recipes from 800 Web sites, printing them out just so you don't lose them while you search other sites, scrolling and scrolling through your bookmarks to figure out which site you want, check out www.foodieview.com.

The Web site acts like Google just for recipes. It provides access to one million recipes found on established food sites such as Better Homes and Gardens, All Recipes, Epicurious and Recipe Zaar and probably dozens you've never heard of.

Bon appétit.

YET MORE FIBER ONE

Not content with transmuting Fiber One from several kinds of breakfast cereal into half a storeful of extra-fiber products, now the General Mills folks have brought forth Fiber One pancake mix, a three-pancake serving which contains 5 grams of fiber. That's 20 percent of the recommended daily amount. It's not sweet: A serving of Fiber One pancakes contains 4 grams of sugar. By comparison, the same-size of some other brands contains 7 grams of sugar.

— *staff and wire reports*

