

# Afternoon tea with friends is a special time

Taking time out to enjoy life's simple pleasures can't be stressed enough in today's hectic world. We all lead such busy lives. Yet it's important to relax, enjoy quiet time or the casual company of friends.

"There is greatness in many of the small pleasures of life," my grandmother used to say. One of her favorite small pleasures was having the "girls" over for afternoon tea. Her friends would drop by for an assortment of doll-sized sandwiches and tea, which often was brewed with mint or cinnamon sticks. I can still conjure up the aroma in my senses today — how that dark brewed tea with cinnamon used to perfume the air.

Grandmother not only enjoyed her tea as a time to relax and chat with her friends, she prescribed it. A good cup of hot tea was her recipe to cure "everything."

When I'm frazzled, anxious, or even a bit sad, I fix myself a cup of hot tea and allow the soothing qualities that sipping it brings, to calm me.

As a child, I held tea parties with my dolls. I would set up the little saucers and cups and we would sip "make-believe" tea while discussing those matters of utmost importance to little girls.

ORGANIZING AN afternoon tea is a wonderful way to gather friends and entertain without too much expense or preparation. Whether you choose to use linen or paper products with a pretty design, china teacups or earthen mugs, the atmosphere can always be created to enhance the occasion.

This bread sandwiches and finger biscuits can be prepared in advance, adding to further ease and leisure. Made with low-calorie ingredients, these delicate sandwiches are delightfully satisfying while non-fatening. So outstretch those pinkies and nibble away!

I feel, as grandmother did, that a good cup of tea can't be beat. The genteel quality, subtle flavor and gentle stimulation make it delightful in any season, at any time of day. You can use it, spice it, mint it, or make tea ice cream, which is doubly refreshing.

Brew a cup of tea for yourself or plan a tea party soon. Allow yourself to enjoy one of life's simpler pleasures!



## Lite success

### Florine Mark

**OPEN-FACED STRAWBERRY-CHEESE SANDWICHES**  
Makes 2 servings  
1/4 cup whipped cream cheese

1 tablespoon reduced-calorie strawberry spread (16 calories per 2 teaspoons), melted  
2 slices reduced-calorie pumpernickel bread (40 calories per slice)

In medium mixing bowl combine cream cheese and strawberry spread, mixing thoroughly. Spread onto each slice of bread, diagonally cut in quarters making 4 triangles. Arrange on serving platter; serve immediately or cover with plastic wrap and refrigerate until ready to serve.

Each serving provides: 80 calories optional exchange.

Source: Weight Watchers Quick Success Program Cookbook, 1989.

## WATERCRESS BISCUITS

Makes 4 servings

4 (1-ounce) refrigerator biscuits  
1 ounce grated sharp cheddar cheese  
2 tablespoons finely chopped watercress  
1 teaspoon sesame seeds  
Red bell pepper strips to garnish (optional)

Preheat oven to 400 degrees. On wax paper, pat each biscuit to a 3 1/2-

inch circle. Pinch edge to make rim. watercress. Divide evenly among biscuits. Sprinkle sesame seeds on edges. Place biscuits on ungreased baking sheet. Bake 7-10 minutes, until golden. Garnish with red pepper strips.

Each serving provides: 1 bread exchange, 25 calories optional exchange

Source: Weight Watchers Magazine, September 1988

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**FRUITY RUM TODDY**  
Makes 2 servings (about 1/2 cup each)  
1 cup water  
1 (2-inch) cinnamon stick  
10 whole cloves  
2 tea bags  
2 lemon wedges  
1/2 cup each, apricot nectar and pineapple juice (no sugar added)  
1 tablespoon dark rum extract

In small saucepan combine water, cinnamon stick and 4 cloves and cook over high heat until mixture comes to a full boil. Remove from heat; add tea bags and let stand for 3 minutes or until desired strength. In sort 3 of the remaining cloves into peel of each lemon wedge; set aside. Remove and discard tea bags and spices; stir in nectar, juice and rum. Cook over low heat until mixture begins to simmer and is thoroughly heated. Divide into two 8-ounce mugs; set 1 lemon wedge on rim of each mug.

Each serving provides: 1 fruit exchange; 20 optional calories.

Source: Weight Watchers 1988 Engagement Calendar Cookbook

**SPICED ORANGE TEA**  
Makes 2 servings  
1 cup each  
1/4 cup grated orange peel  
4 whole cloves, broken into halves  
1 cinnamon stick, 2 inches  
2 teaspoons tea leaves  
2 cups boiling water

In a small heatproof bowl or teapot combine first 4 ingredients. Add boiling water, cover and let stand (steep) for 3-5 minutes. Pour through a fine strainer or sieve into 2 cups.

Each serving provides: 27 optional calories.

Source: Weight Watchers Food Plan Diet Cookbook, 1982.

**SPICED TEA**  
Makes 2 Servings  
2-inch piece lemon peel  
2 cardamom seeds  
1 whole clove  
2 cups water  
2 teaspoons Darjeeling tea  
1 teaspoon honey

In small saucepan combine lemon peel, cardamom seeds and clove, add water and bring to a boil. Reduce heat and simmer for 3 minutes. Rinse a small teapot with boiling water. Add tea to pot and pour in spiced water; let stand (steep) for 5 minutes. Strain tea into 2 cups; stir 1/2 teaspoon honey into each.

Each serving provides: 14 optional calories.

Source: Weight Watchers Food Plan Diet Cookbook, 1982.

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