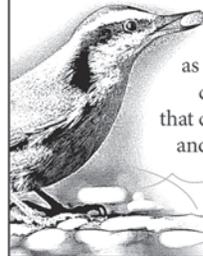


Quote of the Month

“Without God man has no reference point to define himself. 20th century philosophy manifests the chaos of man seeking to understand himself as a creature with dignity while having no reference point for that dignity.”

— R.C. SPROUL
1939-2017
Altamonte Springs, FL
Founder of Ligonier Ministries

The Garden Bug



Leave your lawn messy

Your well-tended yard might please you, but messy is better for garden bugs and feathered friends. As leaves fall and decay, they enrich the soil and provide places for insects and birds to forage for food such as salamanders, snails, worms, and toads. You can use fallen branches to build a brush pile that can provide shelter for birds, rabbits, snakes and other wildlife. Let the seed heads of native wildflowers remain to feed birds through the winter. — B. Weaver

Source: www.audubon.org

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by Healthy Exchanges

Baked Caramel-Apple-Pecan Pie

Autumn is here, and if you love fresh apples like I do, now is the time to savor desserts like this one!

- 1 purchased refrigerated unbaked 9-inch pie crust
- 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
- 1 cup water
- 1 teaspoon apple-pie spice or ground cinnamon
- 4 cups cored, peeled and sliced cooking apples
- 1/4 cup chopped pecans
- 1/4 cup fat-free caramel topping
- 1/2 cup reduced-calorie whipped topping

1. Heat oven to 375 F. Place pie crust in a 9-inch pie plate and flute edges.

2. In a medium saucepan, combine dry pudding mix, water and apple-pie spice. Stir in apples. Cook over medium heat until mixture thickens and apples start to soften, stirring often. Remove from heat. Add pecans and caramel topping. Mix gently to combine.

3. Spoon hot mixture into prepared pie crust. Bake for 40 to 45 minutes. Place pie plate on a wire rack and allow to cool. Cut into 8 pieces. When serving, top each piece with 1 tablespoon whipped topping.

* Each serving equals: 221 calories, 9g fat, 1g protein, 34g carb., 206mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Fruit, 1 1/2 Fat.

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