

# RADIO ROUNDUP

a collection of features, oddities,  
and helpful tips



**NORTH AMERICAN  
PRECIS SYNDICATE, INC.**

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86 WORDS, 30 SECONDS

## DELIGHTFUL DESSERTS

ENJOY A MODERN TAKE ON OLD-FASHIONED, DECADENT DESSERTS WITH THE FREE "DECADES OF DECADENCE" RECIPE COLLECTION FROM CANOLA-INFO AND REGISTERED DIETITIAN ELLIE KRIEGER. THE COOKING CHANNEL STAR UPDATES SIX ICONIC DISHES WITH HEART-HEALTHY INGREDIENTS TO KEEP CALORIES IN CHECK AND SATURATED FAT CONTENT LOW. EACH DESSERT HAS LESS THAN FOUR HUNDRED CALORIES PER SERVING AND IS MADE WITH CANOLA OIL, WHICH HAS THE LEAST SATURATED FAT AND MOST OMEGA-THREE FAT OF ALL COMMON CULINARY OILS. THE RECIPES ARE AT [CANOLA-INFO--DOT--ORG](http://CANOLA-INFO--DOT--ORG).