

## Mini Peanut Butter Cookie Tarts

An **occasional** indulgence allows you to stick more closely to a healthy eating plan at other times. However, the key is to limit your treats to small quantities and to try not to indulge too often, perhaps once or twice weekly. These low-fat, low-kilojoule tarts are perfect when you crave a chocolate hit!



MAKES 12. Prep: 10min, cook: 5min.  
Cost: 44 cents per serve.

### Ingredients

- 12 **low-fat** chocolate chip cookies (such as Vive Lites)
- 1½ tbsps **light** crunchy peanut butter
- 2 x 62g tubs **diet** chocolate mousse
- ½ x 30g Flake chocolate bar, crumbled

### Method

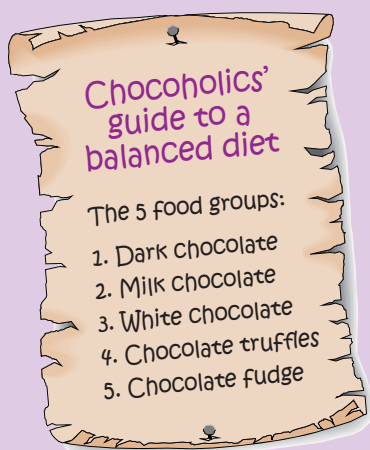
**Step 1.** Preheat oven to 180°C. Place biscuits on a baking tray lined with baking paper. Bake for 5 minutes or until softened. Remove from oven. Press biscuits into the cups of a 12-cup mini-muffin tin. Stand for 5–10 minutes, until cooled and firm.

**Step 2.** Spread ½ teaspoon peanut butter over each cookie base. Place mousse in a small bowl and stir until smooth. Spoon or pipe mousse over peanut butter. Sprinkle with Flake.

Tip: Best made just before serving.

**Per serve:** 375kJ (90cal), total fat 4.4g, sat fat 2g, carbs 11g.

**Source:** Australian Healthy Food Guide [www.healthyfoodguide.com.au](http://www.healthyfoodguide.com.au)



## Never ignore ED!

**E**rectile dysfunction (ED or impotence) is a very common and important health issue. ED is present if you are unable to get or keep an erection that allows satisfactory intercourse. ED should never be ignored whether you want to have sex or not. It is advisable to get a medical assessment early because ED:

- **Gets more severe and harder to treat over time**
- **Can have a severe emotional impact on men and can disrupt relationships**
- **Can be an early warning of serious disorders such as diabetes or heart disease**

Always see your GP first. Beware of clinics which may provide unsuitable services and unproven remedies, often at exorbitant prices.

### Tablets effective for most men

Three tablets are approved in Australia, sildenafil, tadalafil and vardenafil (PDE5 inhibitors). They are effective in about 8 out of 10 men but don't always work the first time. It can take up to 4–6 tries to have a good erection.

All are taken 'on demand' before sex and are only effective if the man is 'turned on'.

Although similar, these tablets are different in how quickly they work, how long they last and how they should be taken. Ask your doctor which one might suit you best.



ED can be an early warning sign of diabetes or heart disease

There is no clinical evidence that herbal products, such as Horny Goat Weed, work well for ED.

### Beware of counterfeit drugs online

Buying cheap PDE5 inhibitors from online pharmacies is tempting. However, many people have been caught by fake tablets with the wrong ingredients, the wrong dose or no drug at all! Counterfeit drugs are often made in unsanitary conditions with poor quality and safety controls.

To reduce your risk when buying online:

- **Use reputable Australian websites only**
- **Avoid sites without a full postal address**
- **Avoid any site willing to sell prescription medicines without a prescription**
- **Avoid sites found in spam ads or emails**

[www.impotenceaustralia.com.au](http://www.impotenceaustralia.com.au)  
[www.andrologyaustralia.org](http://www.andrologyaustralia.org)

## Are you taking care of your skin barrier?

**P**reserving the 'skin barrier' is the principal aim of skin care, especially for people with dry or sensitive skin. Damage to the skin barrier also contributes to a range of skin disorders including eczema and psoriasis.

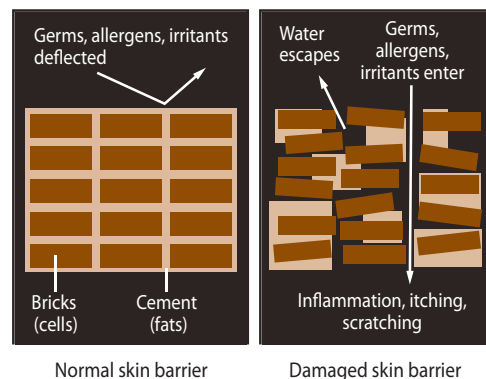
The skin barrier is the thin, protective outer layer of skin. It can be visualised as a brick wall with layers of cells (the bricks) surrounded by fatty substances (cement). The bricks are swollen with water and held tight by the surrounding fats and other bonds between the cells.

A damaged barrier has shrunken, loose bricks and broken, crumbly cement. Cracks open up allowing germs and irritants to get in, causing inflammation, itching and scratching. Water escapes through the cracks leading to dry skin, especially in the cooler months.

### How to care for your skin barrier

If you have dry, sensitive or damaged skin:

**1. Avoid soaps and detergents** as they strip the natural fats from the skin and reduce the skin's acidity. Instead, use a soap-free emollient (moisturising) cleanser such as colloidal oatmeal-containing bar or liquid. Also use emollient-containing washes, shower or bath products and continue them long-term to



keep the skin healthy and prevent relapse.

**2. Avoid other triggers** such as chlorine pools, wool or nylon clothes, scratching, hot baths.

**3. Use emollients (moisturisers) regularly.** A good emollient adds fats to the barrier layer, keeping it intact and helping it to retain water. Use a 'leave-on' emollient cream once or twice a day, especially after bathing. Useful ingredients in emollients are colloidal oatmeal, glycerol and urea. Some of the most effective preparations are more greasy and less popular but can be useful in more severe cases.

Emollients are safe and cheap. Find a range that suits you and use it long-term.