

# The Post-Standard

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What's cookin'?

## A Red-Hot dessert

The indulgences at Cold Stone Creamery this month include an ice cream cake called Cupid's Arrow.

The cake combines layers of devil's food cake and Red Hot ice cream (vanilla ice cream studded with little cinnamon flavored candies, plus chocolate shavings). The cake is covered with chocolate ganache and decorated with red piping, chocolate hearts and more chocolate shavings.

Can you say decadent?

A 6-inch round cake (8 servings) costs about \$23.99.

Cold Stone Creamery has three outlets in Central New York (Carousel Center, Towne Center at Fayetteville and New Hartford).



## Perfume for your breath

Chocolates have become the traditional gift of Valentine's Day. But what about something for those with calories and carbs on their minds?

Momints ([www.momints.com](http://www.momints.com)) suggests zero-calorie, zero-carb peppermint, cinnamon and winterburst liquid-filled mints as a Valentine's treat for your sweetheart.

They're a lot less expensive than a box of chocolates or a delivery of roses: \$1.69 for a 36-count purse/pocket pack or 50 cents for an 8-count tube. The tubes resemble perfume and cologne samples handed out at department stores.

CNY has a couple packages of Momints to give away. Send your name, address and phone number to: Momints giveaway, The Post-Standard, P.O. Box 4915, Syracuse, NY 13221. Entries must be postmarked by midnight Feb. 5. We'll pick a winner in a random drawing.

