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March 31 **TODAY'S POST**

My Day at Home

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NEW FROM MARTHASTEWART.COM

- April Fools' Day Pranks
- · Martha's Planning Calendar
- · Celebrate Martha's Sewing Book Launch with Us!

2 MARTHA TV 1 EASTER

Daily Inspiration

On the "Today" Show: Crafts from Martha's New Book



- Fabric Flower Branches
- Machine-Embroidered Coasters
- Iron-On Silhouettes
- Fruity Button Napkins

Today's Ideas

Television

3 PASTA RECIPES

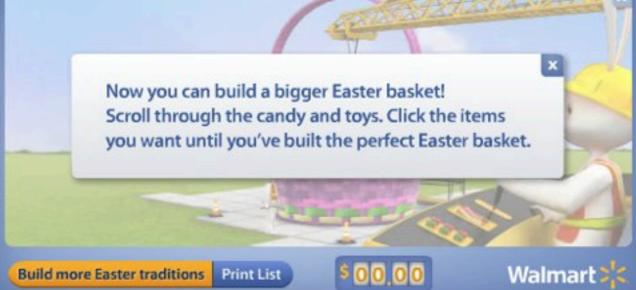
Wednesday, March 31



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Best TV Moments

- April Fools' Day Highlights
- Corn-on-the-Cob Cupcakes

Sneak Peek at the April issue

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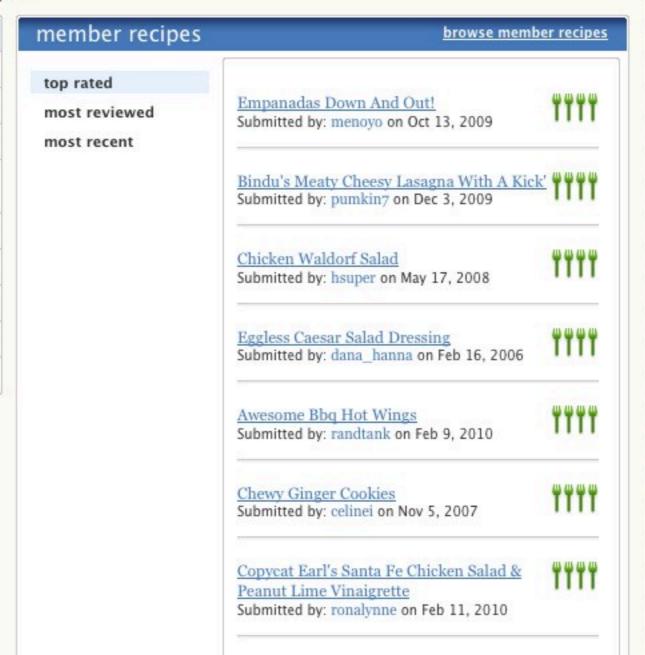






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Midnight Munchies

by Siobhan Adcock on 03/28/10 at 09:01 AM



An Epicurious member who wants to lose weight posted this week in the Recipe Swap forum about trying to swear off midnight snacks...or at least reach for healthy alternatives when the hunger monster makes a late-night house call. Suggestions from other Epi members so far have ranged from

the traditional (crackers and cheese, a sure comfort-food bet for a rumbling belly) to the super-specific (Mr. Boston Cherry Brandy).

Speaking just for myself, when I wake up hungry at night these days, I know I have the Small Person to blame (pregnancy hunger pangs rarely seem to strike at convenient times), but since I can rationalize that the Small Person might just be legitimately hungry, I'm not exercising as much restraint as I probably should on my late-night refrigerator raids. I do like a cup of warm milk, but sometimes that milk's gotta go down with a little peanut butter and jelly, if you take my meaning.

What midnight snacks do you reach for? Are you a conscientious late-night snacker or do you let your cravings rule the night?









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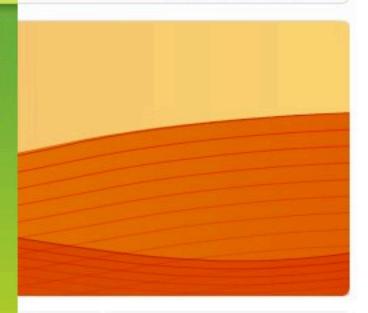
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