

OK!



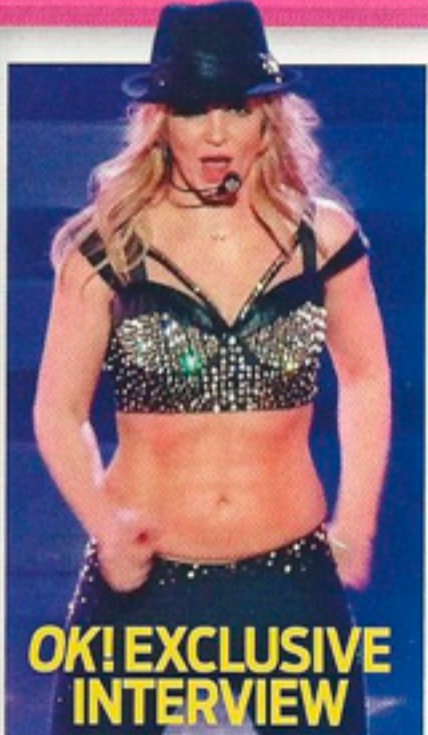
Harry & Cressida
ENGAGED!



SHE'S 51, HE'S 27!

DEMI'S REVENGE ROMANCE!

- ▶ Demi flaunts her new boy toy days after Ashton & Mila's wedding announcement
- ▶ Daughter Rumer is his best friend!
- ▶ Eyewitness: "They drank from morning till night"



OK! EXCLUSIVE INTERVIEW

Britney
HOW I GOT MY ABS BACK



Miley & Kellan
GETTING SERIOUS!

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CRUNCHY WHOLE GRAINS AND FRUIT

PALETA GLUTEN-FREE PEACH & BLUEBERRY FRUIT CRISP (SERVES 8)

Ingredients:

- 1 tbsp. olive oil
- 2 (6 oz.) packs blueberries, fresh
- 2 peaches, sliced with skin left on
- 1 lemon, juice and zest
- 4 tbsp. all-purpose, gluten-free flour

- 4 tbsp. palm sugar
- 1 cup rolled, gluten-free oats
- 1/2 tsp. sea salt
- 2 tsp. ground cinnamon
- 1/2 cup chopped walnuts
- Optional garnish: Greek yogurt

Directions:

1. Preheat oven to 350 F. Coat an 8x8-inch baking dish with olive oil.
2. In a bowl, combine fruit, lemon juice and zest, palm sugar and half the flour; toss well.
3. In a separate bowl, combine remaining flour and sugar, oats, salt, cinnamon and nuts; mix well.
4. Pour fruit mixture into dish and sprinkle with topping. Bake for 30 minutes.
5. Serve topped with a tablespoon of yogurt and cinnamon.



JAIME'S TIP: Let someone else cook! To make sure she's eating a balanced diet, **Jaime King** turns to Paleta, a farm-to-table meal delivery service with a focus on organic ingredients (paleta.com). "It's truly one of the greatest gifts I have given myself," she says. This fruit dessert is a favorite.

A SWEET GREEN JUICE PICK-ME-UP

JAMBA JUICE'S KALE ORANGE POWER SMOOTHIE (SERVES 1)

Ingredients:

- 1 cup of freshly squeezed orange juice
- 1/2 cup of fresh kale (washed well) or frozen kale
- 1/4 cup fresh or frozen banana
- 1/2 cup of ice (optional)

Directions:

1. Add ingredients in above order to blender.
2. Blend until smooth and serve immediately.



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VENUS' TIP:

"I eat lots of vegetables and green juices," says **Venus Williams**, who believes that small changes can add up to a healthier lifestyle. "Set realistic goals, keep re-evaluating, and be consistent."