

# Baristanet



**Oh Sugar, Sugar ... and Sugar-Free, Too**

Get in the Valentine's Day mood tomorrow (Wednesday) by visiting Spice it Up on Glenridge Ave. in Montclair, where toffee-mistress Nicky Mesiah will be handing out free goodies. Of course, there'll be plenty of that almond toffee that earned David Corcoran's mention in his New York Times CulinAriane review, plus some new sugar-free varieties "for diabetics or weight-watching clients," Nicky says. Also free for the nibbling: oatmeal raisin cookies, almond butter cookies and red devil cake. Nicky will be there from 10 to 5:30.

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