

# Dining out in West Hollywood: A Celebrity-Spotting Guide



West Hollywood (or “WeHo” to those in the know) is home to numerous hot spots where you’re likely to spot a celebrity or two, from trendy restaurants to hip bars and clubs. If you’re hoping to spot an A-lister while out dining, then you’re in luck. Here’s your guide to the best [dinner spaces in West Hollywood](#) where the celebrities like to hang out.

## Favorite celebrity restaurant hangouts in WeHo

### 1. Chateau Marmont

The ultimate see-and-be-seen spot in West Hollywood, Chateau Marmont has long been a celebrity magnet. The patio garden and restaurant is where many A-listers like to hang out, including the likes of Lady Gaga, Christopher Walken, Katy Perry, and Lana Del Rey.

Down a few glasses of bubbly, nibble on the steak tartare (a house favorite), and enjoy the sunshine while celebrity-spotting. Just don’t try to snap a photo if you do spot one, as there’s a very strict no-photo policy.

### 2. Craig’s

Craig’s probably offers one of the best chances of seeing a celebrity while dining in West Hollywood. The odds are so good that paparazzi are usually parked outside, waiting for a sighting of Jane Fonda, Martin Scorsese, or Kim Kardashian. The menu is a mix of eclectic American and Italian, including Buffalo wing pizza, honey truffle fried chicken, and an

extensive vegan menu.

### **3. Catch LA**

Situated on a swanky rooftop overlooking Melrose Avenue, Catch LA has been a celebrity hot spot since opening in 2016. Celebrities such as Cindy Crawford, David Beckham, Mariah Carey, Kylie Jenner, Jamie Foxx, and David Guetta have all been spotted here. The city views are fantastic, as is the quality of the seafood. The menu is massive, but top options include the chilled seafood tower, truffle sashimi, and salmon belly carpaccio.

### **4. Fig & Olive**

For delicious Mediterranean fare in a glamorous yet relaxed setting, head to Fig & Olive. The space itself is gorgeous, with soaring ceilings, a central olive tree, an upstairs lounge, and a terrace. There's even a private entrance for A-list celebrities, such as Paul McCartney, Johnny Depp, and Ryan Gosling, to evade the paparazzi. The menu is extensive, but your best bets include the crostini, crudo, beef carpaccio, and the olive oil tastings.

### **5. Gracias Madre**

Another celebrity-magnet where you're likely to encounter paparazzi outside is Gracias Madre. Taylor Swift is a huge fan. The menu is organic, vegan, and Mexican-inspired, but the flavors are rich and vibrant. The décor is also stunning, with hand-painted tiles, antique mirrors, and iron lanterns all around the visually stunning patio. The cocktails pack a punch, including signatures like their Negroni Verde and Al Pastor Old Fashioned.

### **6. Cecconi's**

Part of The Soho House Group, Cecconi's is one of LA's most

famous restaurants. The atmosphere is glamorous yet laid-back, with a bright and sunny patio and delicious Italian fare. It's a popular celebrity hangout, and you might see the likes of Ellen DeGeneres or Gwen Stefani. Sip on an Aperol spritz and start with the cicchetti, or Italian tapas, then finish off with a wood-fired pizza or a sophisticated pasta.

## **7. Dan Tana's**

Since opening in the 1960s, Dan Tana's has attracted all manner of celebrities, from rock stars to movie legends. The décor is decidedly old-school and non-trendy, with red booths and red and white checked tablecloths. The menu also features all the classics, from spaghetti with meatballs to chicken parmesan. Wash it all down with a bottle of chianti, or one of their very stiff martinis.

## **8. Delilah**

This beautiful Art Deco space offers a luxurious supper club vibe and a safe space for celebrities indoors where photos aren't allowed. This private atmosphere draws the likes of Kanye West and Drake. This is the spot to grab a magnum of champagne as you relax on plush banquettes dimly lit by candlelight and chandeliers. Top food choices here include the ahi tartare, burger, and baby-back ribs.

## **9. Sushi Park**

It may be situated in a less-than-glamorous strip mall on Sunset Boulevard. But A-list celebrities like Jay-Z, Beyonce, Chris Martin, and Leonardo DiCaprio have all been spotted here. This is the place to go for authentic sushi and sashimi, with no trendy rolls in sight. Better yet, go for the omakase and let the chef choose the freshest cuts of fish for you.

## 10. PUMP Lounge Restaurant

Founded by Real Housewives star Lisa Vanderpump, PUMP is as over-the-top as the show that made its founder famous. The décor is Mediterranean-inspired, with an olive grove garden patio, massive iron lanterns, and marble countertops. The menu is French- and Italian-inspired. Enjoy the vibrant and loud atmosphere, and maybe catch a glimpse of Lady Gaga or Jennifer Lawrence.

Scoring that celebrity sighting while dining out in West Hollywood

The restaurants listed above are not the only places frequented by celebrities. Nor is there ever a guarantee that you will spot one during your dinner. However, they are well-known hot spots for A-listers, which greatly increases your odds of spotting one.

Be sure to make a reservation well in advance, as most of these places book out months in advance (at least, for non-celebrities and those without the right connections). The food isn't always the greatest. But then, you're most likely going there primarily to spot a celebrity. Also be aware that some places have strict no-photo policies. Risk a photo and you might just find yourself tossed outside to wait with the paparazzi.

---

## Food Trend: The Best Pre-Workout Foods



 By Nicole Maher

We've all heard the saying that abs are made in the kitchen, right? As we move through the new year, many of us may be trying to stick to resolutions revolving around getting in shape. However, it can be frustrating if you are going into your workouts feeling tired or like you haven't seen any results yet. These feelings could be products of the foods you're eating before beginning your fitness routine. Try incorporating some of the following [food trends](#) into your pre-workout routines this year to help you stay energized and experience the best results.

## Check out these five food trends to pick the perfect pre-workout food for your fitness plan.

**1. Oats:** Oats make for the perfect pre-workout food because of their high fiber content. Their high ratio of fiber allows them to release carbohydrates at a slower rate than other foods. This slow release of carbs over the course of a workout rather than all at once will help you maintain a consistent energy level throughout your exercises rather than experiencing an abundance of energy followed by a hard crash. Oats that are less processed, such as Irish oats, are generally better as a pre-workout snack.

**Related Link:** [Food Tips: 5 Healthy Lunch Options](#)

**2. Grilled chicken:** If you're looking to take on a big workout for the day, or are taking part in some kind of athletic event, it is important to eat something that is high in protein. Grilled chicken is the ideal protein-packed food because it is healthier than fried chicken options. If you are looking to build muscle mass over time, incorporating grilled chicken into your regular weekly diet is also helpful in experiencing the best results from your workouts.

**Related Link:** [Food Tips: Juice Cleanses Do's and Don'ts](#)

**3. Bananas:** Bananas are one of the most beneficial and versatile foods when it comes to preparing for a workout. You can either enjoy a banana as a snack before heading to the gym, or mix one into a pre-workout smoothie. This fruit has plenty of natural power as it is packed with both carbohydrates and potassium. Ninety percent of the calories in bananas are carbs, which help fuel both the body and the mind during a workout. The potassium found in this pre-workout food also helps support nerves and muscles as you make your way through different exercises.

**4. Greek yogurt:** Like chicken, another food that is packed full of protein is Greek yogurt. While regular yogurt is also a good option, Greek yogurt typically has less sodium and more protein, making it a better pre-workout snack. This protein will help build and protect your muscles during your workouts. Mix this food trend with some fruit to gain the best results in your workout. The added fruit to Greek yogurt will give you some extra carbohydrates as you get ready to workout, which will help keep your energy levels high.

**5. Trail mix:** Following the trend of protein, another great option for building and maintaining muscles is trail mix. It is the nuts found in trail mix that are the largest source of protein. However, these nuts are also typically high in fat, which would not make them the best option if your main objective of working out is to lose weight. Opting for a trail mix with dried fruit rather than chocolate is also a good way to make this food trend more effective, as the fruit offers more carbohydrates and cuts back on the calories found in chocolate.

**What are some other pre-workout foods that can help you make the most of your fitness routine? Start a conversation in the comments below!**

---

# Food Tips: Superfoods in the New Year



By Carly Silva

“Superfoods” refer to those foods that are especially nutrient-packed and healthy for your body. Many superfoods are fish or plant-based, and they are great ingredients to incorporate into your diet for some major health benefits. Trying out some of these powerful foods will be a great way to stay healthier as the new year begins!

**If you’re looking for some new [food tips](#), check out these superfoods to try in the New Year:**

**1. Avocado:** Perhaps one of the most popular up-and-coming superfoods, avocados are perfect for almost any meal. Avocados are a heart-healthy fatty acid, and they are also loaded with potassium and fiber. Avocados are perfect to have in the morning for breakfast as a topping for your favorite toast, or placed on top of an egg sandwich!

**Related Link:** [Food Tips: 6 Recipe Ideas for Thanksgiving Leftovers](#)

**2. Salmon:** Salmon is another great and trendy superfood that is a great source of protein. Salmon, along with many other types of fish are loaded with omega-3 fatty acids, which are known to reduce the risk of heart disease. Salmon is a perfect

protein to have as a main course for dinner, and smoked salmon is even a popular breakfast item to pair with a bagel and cream cheese!

**Related Link:** [Food Tips: 5 Healthy Lunch Options](#)

**3. Eggs:** Eggs are one of the most versatile superfoods you can include in a diet. They are great sources of protein, and are loaded with different vitamins and minerals. They're also known to reduce cholesterol levels. Eggs are super easy to prepare and you can have them with almost any meal. Some great meals that include eggs are poached eggs for breakfast or egg salad for lunch!

**4. Chickpeas:** Chickpeas are another trendy superfood that is perfect for 2021. They are packed with nutrients and are a perfect option for a plant-based protein. Chickpeas are a perfect salad topper to add some extra benefits to your meal. You can even look for chickpea based pasta and breads that are a healthier alternative to refined grains!

**5. Acai:** Acai berries are another recently popular superfood. These trendy bright purple berries are loaded with antioxidants. They're a great option to have if you're looking for something sweet, but still want some health benefits. Acai berries are really popular ingredients for fruit bowls and smoothies, and you can find acai puree just about anywhere!

**What are some other superfoods to try in the New Year? Start a conversation in the comments down below!**

---



# Food Trends to Watch in 2021



By Nicole Maher

With the new year comes a new list of food trends that promise to keep you feeling your best. However, with the introduction of new dieting options and superfoods flooding the market in early January, it can be difficult to determine which food trends are actually beneficial to your lifestyle. Take a look at these five [food trends](#) that are predicted to grow in 2021 to see if any of them would be helpful additions to your current diet.

## Check out the newest food trends to watch as we enter 2021.

**1. Purées:** One of the largest food trends that is expected to grow in 2021 is often referred to as “adult baby food.” While that may not sound overly appetizing, what people are actually referring to are gourmet purées. These purées come in a variety of flavors, such as rosemary, rhubarb, and sweet potato. They can either be added to meals as a side-dish, or serve as a healthy snack throughout the day. Many of these purées also come in small pouches which make them the perfect snack to toss in your bag as you leave for the day.

**Related Link:** [Food Trend: 6 Must-Have Kitchen Gadgets](#)

**2. Larger breakfasts:** With many people working from home, larger breakfasts have become more common. While breakfast dishes such as pancakes and waffles used to be reserved for the weekend, that doesn’t need to be the case in 2021. If you find yourself having more time in your daily schedule due to working from home, take some time each morning to prepare a

larger breakfast. If you are looking for healthier options, vegetable omelets and granola bowls are some great dishes to try. Larger breakfasts can also prevent any extra snacking throughout the day.

**Related Link:** [Food Trend: The Next Big Fruits & Vegetables Trends](#)

**3. Alternative oils:** Over the past few years, many people have started to switch out processed oils for more natural options while cooking. This trend is likely to continue into 2021, with a few new oil options being added to the mix. Keep an eye out for food trends such as sunflower seed oils and walnut oils as healthier alternatives when cooking. These types of products are similar in health benefits and dietary restrictions as oils we have seen become more popular in recent years, such as coconut and avocado oils.

**4. Chickpeas:** Chickpeas are forecasted to be one of the largest food substitutes of 2021. While this food may already be present in your fridge as hummus, it is beginning to expand into other dishes. Similar to cauliflower, chickpeas have started to replace other ingredients in foods such as pizza crusts, pastas, and baked goods. Chickpeas are also a great option for people with dietary restrictions, as many products that use chickpeas as a replacement are gluten free and lower in carbs.

**5. Veggie jerky:** Vegetarianism and veganism are incredibly popular diets, and that doesn't seem to be changing for the year of 2021. With so many people removing meat and animal products from their diets, more substitutes have been hitting the market. Vegetable and fruit jerkies are among the newest products to make an animal product vegetarian-friendly. These jerkies give you the same texture as one made out of meat but consist of your favorite fruits and vegetables instead!


**What are some other food trends to look out for in 2021? Start**

a conversation in the comments below!

---

# Food Trend: 5 Festive Dessert Ideas for the Holidays



 By Nicole Maher

The holiday season is upon us, whether we're ready for it or not. Between buying gifts and decorating your house, you may also be tasked with creating the perfect holiday dessert for your gathering this year. If you are mildly dreading the idea of preparing a dessert, or want something different from the traditional fruitcake, check out some of the following [food trends](#) for creating a fresh and unique dessert that will leave your guests asking for the recipe.

## Try some of these food trends for creating your most festive holiday desserts.

**1. Cheesecake squares:** A simple holiday dessert option is cheesecake squares. Mix together cream cheese, sugar, sour cream, and eggs to create the standard base, then add in your favorite flavors and toppings. Rather than shaping your creation into the classic round cake, place the mixture in a square pan and cut the finished product into squares for the perfect bite-sized pieces. Make this dessert even more festive by using strawberries as Santa hats on your finished squares.

**Related Link:** [Love & Libations: 'Tis The Season For Punch](#)

**2. Rice Krispie treats:** If you're looking for a dessert that requires minimal ingredients and no baking, rice krispie treats are the way to go. Simply melt down some marshmallows and butter on top of the stove and add in your Rice Krispies. Make this dessert even more festive by cutting the finished product into different shapes, such as Christmas trees and Santa hats. Add some red and green sprinkles to finish them off. This is also a great gluten-free adaptive dessert, as you can easily swap the Rice Krispies for a different gluten-free cereal like Fruity Pebbles or Lucky Charms.

**Related Link:** [Food Trend: 6 Must-Have Kitchen Gadgets](#)

**3. Traditional cookies:** There is no going wrong with an old-fashioned holiday cookie. It is likely that your family has a recipe that has been passed down over the years, making this the perfect holiday dessert option to pull out every year. If you don't have a go-to family recipe, take the opportunity to start the tradition yourself. Go for something simple, such as the classic gingerbread cookie, or choose something that is unique to your heritage to add some extra meaning.

**4. Festive hot chocolate:** If you're not a huge fan of dessert, or anticipate being stuffed after your holiday meal, offering a dessert drink is a great alternative. Hot chocolate is the perfect option for creating a holiday-themed dessert that is lighter than a baked good. Take this food trend to the next level by allowing your guests to customize their drinks with different flavored syrups. Be sure to top the drinks off with some marshmallows and whipped cream!

**5. Holiday bark:** A great last-minute dessert option is holiday bark. Similar to Rice Krispie treats, holiday bark requires few ingredients and little prep time. It is also extremely versatile, and can be altered to whatever flavor profile you would like! Go for a classic holiday bark by using white and

milk chocolate along with candy-cane pieces, or create your own unique recipe with different ingredients. M&Ms, pretzels, and toffee pieces make great toppings when creating a holiday bark perfect for your gathering this season.

**What are some other holiday dessert ideas? Start a conversation in the comments below!**

---

## **Food Tips: 6 Recipe Ideas for Thanksgiving Leftovers**



 By Nicole Maher

One of the biggest food holidays of the year is Thanksgiving. From full-sized turkeys, to mounds of mashed potatoes, to various types of desserts, there is no shortage of options when it comes to preparing the perfect holiday meal. However, after you've cooked and shared the day with your family, you'll likely be left with numerous leftovers. Check out some of the following [food tips](#) that'll allow you to use these Thanksgiving leftovers and transform them into entirely new meals.

**Get ready to enjoy your Thanksgiving leftovers with these food tips and six potential recipe ideas.**

**1. Old-fashioned turkey sandwich:** The easiest thing to make with Thanksgiving leftovers is a simple turkey sandwich. In the days following the holiday, you are probably tired of cooking and looking for an easy way to use up the leftovers in your fridge. A simple sandwich complete with sliced turkey, cranberry sauce, lettuce, and tomato is an easy way to clear out some of the extra food and keep the cooking to a minimum! Use some leftover dinner rolls or rye bread to free up even more room in your kitchen.

**Related Link:** [Food Tips: Healthy Thanksgiving Meal Alternatives](#)

**2. Turkey pot-pie:** A turkey pot-pie, or shepherd's pie, is a great way to eliminate some of the leftover meat and vegetables. Throw your remaining turkey into a pot along with your leftover vegetables and gravy before covering the top with potatoes or stuffing. This food tip will leave you reliving your perfectly created Thanksgiving meal a few days later, with all the flavors in one bite!

**Related Link:** [Food Trend: The Next Big Fruits & Vegetable Trends](#)

**3. Sweet potato waffles:** Not all leftover recipes have to be devoted to lunch or dinner meals. Make use of some of your leftover sweet potatoes the following morning by making sweet potato waffles for breakfast. By mashing your remaining sweet potatoes and adding them to your favorite waffle recipe, along with some brown sugar and cinnamon, you'll cook up the perfect fall-flavored breakfast to round out the autumn season.

**4. Turkey and vegetable soup:** Another option that allows you to use numerous different leftovers in one new dish is turkey and vegetable soup. This one is relatively self explanatory as you simply cut or shred some leftover turkey and mix in your remaining carrots, potatoes, and celery from your Thanksgiving meal. This food tip also provides for a lighter option if you

still feel stuffed from the large meal you prepared days before!

**5. Thanksgiving leftovers casserole:** While the idea of cooking a casserole may sound old-fashioned, they are still a great way of utilizing leftovers from any major holiday, especially Thanksgiving. This option allows you to use everything from leftover turkey, to vegetables, to even your leftover stuffing. Incorporating different spices is also a great way to modernize your casserole and eliminate some of the traditional Thanksgiving flavors you may be tired of at this point!

**6. Cranberry-apple pie:** Finally, no week of Thanksgiving leftovers is complete without a dessert option. While you may be finishing off various baked goods from Thanksgiving day itself, that doesn't mean you should skip out on making a new dessert from your leftovers. Mix in some cranberries and apples into a pie crust to use some of your remaining cranberry sauce. You can also substitute sweet potatoes into a pumpkin pie recipe if you prefer that option, which still allows you to make use of some leftovers.

**What are some other recipe ideas for Thanksgiving leftovers? Start a conversation in the comments below!**

---

## **Food Trend: 6 Must-Have Kitchen Gadgets**



 By Nicole Maher

Whether we are scrolling through social media or walking down

an aisle in the grocery store, we are constantly presented with new “must-have” kitchen gadgets that claim to make our cooking experiences easier. With so many options, it can be hard to determine which of these gadgets are actually helpful. Below are a few that will actually make your cooking experience more enjoyable and have you recreating all of your favorite [food trends](#) in no time.

## **Check out these six must-have kitchen gadgets that will help you create all of the newest food trends.**

**1. Air fryer:** One small kitchen appliance that has seen an increase in popularity recently is the air fryer. Whether you are just learning how to cook, trying to save time, or looking for new ways to prepare food, air fryers seem to be the new go-to kitchen gadget. These small appliances are great for cooking smaller pieces of food, such as chopped vegetables or thin pieces of chicken, quickly without needing to turn on the oven. They also often come with a removable pan that makes cleaning up quick and easy.

**Related Link:** [Food Trend: Celebrity Summer Parties and Food Options](#)

**2. Portable blender:** Lightweight portable blenders are the new way to go for making smoothies on the run. While many people may have a [full-sized blender](#) in their kitchens, these portable blenders are the perfect size to throw in your gym bag or purse. Toss your smoothie supplies right into the blender before you leave the house and mix them during your lunch break or after a workout for a fresh smoothie. These portable blenders also come with USB chargers, so they can be charged right from your computer during the day.



**Related Link:** [Food Trend: Food for Your DNA](#)

**3. Soda maker:** Small kitchen appliances such as soda or drink makers are perfect for adding variety to your drink selection without buying large cases of different drinks. These soda makers are often great solutions for people living in apartments who may not have the kitchen space for multiple bottles or cans of soda. These machines work by adding a flavored mix into water and carbonating the drink, making it into your favorite kind of soda!

**4. Magnetic spices:** Magnetic spices are also a great solution for someone living in an apartment who may not have a lot of cabinet space. These small spice containers come with a magnetic lid that allows them to stick onto your fridge or the side of your stove. Magnetic spices are also a good option if there are certain spices that you don't use as regularly, as the containers are usually small so you won't have an excessive amount of one spice.

**5. Reusable K-cups:** If you are trying to incorporate more reusable items into your daily routine, or simply have too many coffee flavors to try, reusable K-cups are a kitchen must-have. These cups allow you to make any type of brew in a coffee machine that requires a pod, and can be easily washed and reused later. They are the perfect addition to your kitchen to help you recreate all of the newest coffee trends!

**6. Electric egg cooker:** Another small kitchen appliance that is perfect for saving time is an electric egg cooker. These products cook six to ten hard-boiled eggs quickly and use much less water than is needed to boil eggs in a pot. Whether you are looking to cook a few eggs for breakfast or have some to add into a salad later on, electric egg cookers are a great way to whip out a set of hard-boiled eggs easily and without creating a mess in the kitchen.

**What are some other kitchen gadgets that will make your**

cooking experience more enjoyable? Start a conversation in the comments below!

---

## Food Trend: Celebrity Summer Parties and Food Options



It can be tough even for celebrities to say goodbye to the summer season each year. Who can easily part with warmer weather and ample sun? Who can easily forget about time away from work and stress in general? Not many celebrities at all. Thankfully, there are some things that people can do to ease the pain a bit. Celebrities like to have a party for just about any occasion, so if summer is ending, this would be a perfect excuse for a party.

**If you want to throw a farewell-to-summer party for your beloved family members and friends like the celebrities do, then you should think about all of the food items and beverages that you may want to serve them. What good is a summertime bash without tasty**

# snacks and refreshing drinks, anyway?

People adore sipping on cool and delicious drinks during the summertime. If you want to take your party drinks to the next level, you should look into [Monin](#) Gourmet Syrups. These syrups can introduce amazing taste to all kinds of drinks. They come in diverse flavors like dragonfruit, chai tea, sea salt caramel toffee, iced coffee, and pine berry as well. Celebrity guests won't be able to resist enjoying drinks that have these interesting and memorable flavors.

There are all sorts of beverage options that are ideal for summer party fun. You should present your guests with many options in sodas. Be sure to offer "regular" and "diet" choices. Cover everything from classic cola and ginger ale to root beer and orange pop.

It can also help to present guests with juices. There are few things that can be more refreshing than fruit punch, orange juice, grape juice, apple juice, and anything else along those lines. Don't forget the crushed ice.

Food is an important consideration for any celebrity bash at the end of the summer months. If you want to celebrate the closing of the summer season, then it may be a good idea to go with food items that are on the light side. Think about putting together delicious finger foods of all sorts. It can be a terrific idea to allow your guests to nosh on mini sandwiches. Think about making them [healthy](#) with fantastic ingredients such as sliced cucumber, tomato, and avocado.

Salads also work like a charm for summer bashes. They're a lot like sandwiches in that they're not heavy food items at all. There are so many amazing ingredient options for summer salads, too. You can go for garbanzo beans, edamame, tofu, grilled chicken, salmon bits, and the whole nine yards. Try to

present your guests with as many salad options as possible. It can be nice to cater to people who have specific dietary preferences and requirements.

When you put your menu together, you should think about any and all vegans and vegetarians who may be on your guest list. Think about people who have gluten intolerances and sensitivities and who may not want to eat wheat and similar items. Think about people who like to consume raw foods. The more food options you have, the merrier.


You don't have to be a master chef to feed the guests of your farewell-to-summer party, either. There are many easy ways to feed people without even really having to set foot inside of a kitchen. You can feed your guests tortilla chips with salsa that's pre-made. You can give them the opportunity to feast on classic potato chips and onion or blue cheese dip, too. You can easily find all sorts of condiments at your local grocery store. It doesn't matter if you feed your guests sliced carrot sticks with natural peanut butter. It doesn't matter if you feed them pretzels with hummus dip, either. All that matters is that you think about pleasing as many palates as possible.

Note that you do not have to tackle food preparation duties for your summer bash all by yourself. If your party is going to be a particularly big one with dozens and dozens of guests, it may be too much to tackle food preparation tasks on your own. That's the reason it may be in your best interest to hire a local catering company. You should explore nearby catering businesses with all of the care and attention in the world. Try to zero in on companies that present their clients with plentiful and diverse food categories and approaches.

---

# Food Trend: Breadfruit is the New Superfood



 By Carly Silva

Superfoods are great to implement into your diet! They are some of the healthiest food options and have multiple health benefits. Of course, everyone is familiar with the more popular superfoods, such as avocado, salmon, and spinach, but have you ever heard of breadfruit? New research is suggesting that this starchy, green, tree-grown fruit may be a new superfood to add to the list.

**If you're looking for a new superfood to mix into your diet, here are five reasons why new food trend breadfruit might be the key:**

**1. Lots of nutrients:** Breadfruit is being discussed as a superfood mostly due to the nutrients it offers. Not only does breadfruit contain fiber and protein, but it also has nutrients like magnesium and potassium, and a low glycemic index.

**Related Link:** [Food Trend: What's the Deal with Seaweed?](#)

**2. Healthy grain option:** Researchers have tested breadfruit flour, which introduces a new gluten-free flour option. It is a healthy grain loaded with nutrients and provides higher fiber levels, too.

**Related Link:** [Food Trend: Health Benefits to Eating Mushrooms](#)

**3. Complete protein option:** Using flour produced from breadfruit is a complete protein option, one that is gluten-free and nutrient-loaded. Modern foods and diets are often reliant on gluten-free ingredients, so breadfruit may be a great superfood to add to your diet.

**4. Sustainable food source:** As more research is being conducted on breadfruit, scientists even believe that it may be a reliable source for food sustainability around the globe as well.

**5. Easy to prepare:** Breadfruit, which has a similar texture to that of a potato, has traditionally been cooked using fire, but can also be steamed, boiled, or baked, which makes for an easily prepared food.

**Can you think of other beneficial superfoods? Start a conversation in the comments down below!**

---

## **Benefits of TikTok's Latest Food Trend: Cloud Bread**



 By Nicole Maher

From rainbow bagels to edible gold, we certainly have seen no shortage of [food trends](#) introduced to us through our favorite social media platforms. Every day we log onto Instagram or Twitter, we will likely be faced with a new super fruit, elaborate dessert, or a full-on diet plan. The newest food trend to make the list, brought to us by none other than Tik Tok, is cloud bread. Not only does cloud bread have a fun name and appetizing appearance, but it also comes with a long list

of benefits. With its numerous uses and airy consistency, it may just be the newest must-have in your current diet.

## **Find out five benefits of cloud bread, the latest food trend from Tik Tok.**

**1. It's super easy to make:** There is nothing better than finding a recipe that consists of five ingredients or less, and cloud bread is just that. Not only is the recipe short and simple, it contains ingredients you most likely already have in your house. The basics are simple, eggs, sugar, cornstarch, and your choice of a flavoring extract.

**Related link:** [Food Trend: What's the Deal with Seaweed?](#)

**2. It's versatile:** Because there are so few ingredients, it gives you the liberty to change it up however you would like. While most recipes call for the use of almond extract, it can be substituted with other options such as orange or vanilla. The dough also takes well to food dye, and can be altered to any color of your choice. Try making the finished product more savory by topping it with bagel seasonings, or more sweet by adding a dusting of powdered sugar.

**Related link:** [Food Trend: What's With the Keto Diet?](#)

**3. It's low carb:** Cloud bread, as implied by its name, is light and airy. This fluffy consistency is the perfect way to lighten up a sandwich or bread-based dessert. The limited ingredients make this food trend a low carb bread substitute, as well as staying right around the forty calories mark.

**4. It's gluten free:** Many breads are a high source of gluten because of ingredients such as wheat, barley flour, or yeast. Cloud bread is a gluten free option because none of these

ingredients are present in the dough. This makes it the perfect choice for someone who has a gluten intolerance, or simply tries to limit the gluten in their diet.

**5. It fits in the keto diet:** One of the most prominent diets at the moment, also made more popular through social media, is the keto diet. Despite the rumored benefits of a keto diet, it can be hard to follow because of the amount of foods it limits. However, with a few small changes, the new food trend of cloud bread fits right in. By substituting the sugar with stevia, and the cornstarch with cream cheese or cream of tartar, you will have a keto-friendly cloud bread that is identical to the original.

**Have you tried cloud bread? Share your experiences below.**

---

## **Food Trend: What's the Deal with Seaweed?**



By Alycia Williams

Seaweed is the next big thing when it comes to the latest [food trends](#). It's becoming a must have for every household. As the seaweed trend grows, it's about time you know why seaweed could be beneficial for you.

**In this food trend, find out the benefits for eating seaweed.**

**1. Seaweed is packed with umami:** Seaweed contains a lot of



flavor. The secret is behind all that is that it has a high level of glutamic acid, which is in the flavor enhancer MSG, and it's found in a natural form in almost all sea vegetables.

**Related Link:** [Food Trend: The Next Big Fruits & Vegetables Trends](#)

**2. The most nutrient dense food on the planet:** With iodine that promotes a healthy functioning thyroid, soluble fiber, calcium, omega 3s, anti-oxidants, and a host of other minerals and vitamins. The demand for healthy foods have entered the mainstream and seaweed is riding this trend.

**Related Link:** [Food Trend: Health Benefits to Eating Mushrooms](#)

**3. Great source of complete proteins:** The plant-based protein movement is experiencing explosive growth due to increasing consumer awareness of health with anywhere from 3-50% of complete proteins depending on the varietal.

**4. Extremely low-impact food on the planet:** It requires no fresh water, no fertilizer, no feed, and no pesticides. It also absorbs about 7 times more CO2 than any land-based plant and studies have shown it reduces ocean acidification.

**5. Good for your heart:** Many people do not realize how essential seaweed is in keeping the heart-healthy. A single serving of Seaweed every day will help with staving off heart disease, stroke, and other cardiovascular illnesses. This is due to vitamin B9 and folate found in this amazing water-based plant. It all comes down to an amino acid called homocysteine.

**6. Source of protective antioxidants:** Even just a small amount of seaweed eaten on a daily basis will give you a wealth of health benefits. Just two tablespoons of seaweed are enough to fulfill nearly a quarter of your daily recommended intake of vitamin C as well as vitamin A. These vitamins are powerful antioxidants that assist the body in fighting off disease and infection.


**7. Supports oral health:** There are many ways to help strengthen your teeth and improve your oral health. The best way is to consume drinks and food with low acidity like seaweed. It also contains a substance proven to kill oral bacteria.

**What are some other benefits for eating seaweed? Start a conversation in the comments below!**

---

## **Food Trend: The Next Big Fruits & Vegetables Trends**



 By Alycia Williams

There are so many fruits and vegetables out there – many more than most of us are aware of. Just when you think you know all of them, there is another one that shows up and surprises you. That said, some are more popular than others. These [food trends](#) are usually dictated by chefs, consumers, and even social media. It's time to find out what's on the horizon as the newest [food trends](#) for fruits and vegetables.

### **Find out the new food trends for fruits and vegetables.**

**1. Seaweed:** One of the vegetables that's growing in popularity the fastest in restaurants is seaweed. It's now spilling over into the home through snack foods like seaweed chips. It's not only popular, but has great health benefits. Seaweed contains iodine and tyrosine, which support thyroid function.

**Related Link:** [Food Trend: Food for Your DNA](#)

**2. Jackfruit:** Other countries have been consumers of jackfruit for a long time, but it's recently become popular within the United States. Jackfruit is often used as a vegan protein for its meat-like quality when cooked. It's benefited from consumers moving toward the plant-based burger world. It's another way that restaurants can use plants to mimic meat.

**Related Link:** [Food Tips: Juice Cleanses Do's and Don'ts](#)

**3. Honeynut squash:** This vegetable has a lot more flavor than a traditional butternut squash, and you don't have to use as much butter or maple syrup to make it edible. It's much easier to cook and chop. You don't have to cut it in half. We're seeing more and more retailers pick up honeynut squashes.

**4. Mushrooms:** Culinary forward mushrooms like chanterelles, king trumpets, lion's mane, and oyster mushrooms are really fun and have a lot of texture. They also have tremendous amounts of nutritional benefits, particularly vitamin D.

**5. Yellow dragonfruit:** Just like its pink and white cousin, the yellow dragonfruit has a yellow flesh and outside. It's much sweeter than the pink and white varieties you're used to. It's also low in calories and high in fiber.


**What are some other fruits and vegetables that are bound to be the next big thing? Start a conversation in the comments below!**

---

## **Food Trend: Health Benefits**

# to Eating Mushrooms



 By Alycia Williams

Mushrooms are constantly looked upon as dirty, nasty fungi, and although it is a fungi, that doesn't mean that mushrooms should be ignored. As the mushroom [food trend](#) is on the horizon, it's time to get some [food advice](#) on why we should appreciate mushrooms more.

## In this food trend, check out the benefits of eating mushrooms.

Here are some benefits:

**1. Mushrooms may help keep you young:** Mushrooms contain a super-high concentration of two antioxidants, ergothioneine and glutathione. When these antioxidants are present together, they work extra-hard to protect the body from the physiological stress that causes visible signs of aging.

**Related Link:** [Food Tips: Juice Cleanses Do's and Don'ts](#)

**2. Mushrooms can protect your brain as you age:** Those two aforementioned antioxidants (ergothioneine and glutathione) may also help prevent Parkinson's and Alzheimer's. It's recommended that you eat at least five button mushrooms per day to reduce your risk of neurological illness in the future. Cook the 'shrooms to best preserve their nutritional benefits, either by microwaving or grilling.

**Related Link:** [Food Trend: Food for Your DNA](#)

**3. Mushrooms may boost your memory:** Another mental mushroom-related benefit: eating two 3/4 cup servings of cooked

mushrooms per week may reduce your odds of mild cognitive decline.

**4. Mushrooms can help your heart health:** Mushrooms help recipes taste better in place of salt because they contain glutamate ribonucleotides. Those compounds contribute a savory taste with no ramifications for your blood pressure or heart disease risk. An entire cup of mushrooms has only 5 mg sodium! Mushrooms also make an excellent, satisfying substitute for red meat in any dish, eliminating calories, fat, and cholesterol from the equation.

**5. Mushrooms can assist in strengthening your bones:** UVB-labeled mushrooms have been exposed to sunlight during their growth period (as opposed to mushrooms that are grown in the dark), and therefore have converted a compound called ergosterol directly into vitamin D. This means by eating just 3 ounces of UVB-exposed mushrooms, you've met your daily vitamin D requirement and given your bone health a leg up.


**6. Mushrooms will help give you energy:** Mushrooms are rich in B vitamins. These help the body utilize energy from the food we consume and produce red blood cells, which carry oxygen throughout the body.

**What are some other benefits to eating mushrooms? Start a conversation in the comments below!**

---

## Food Trend: Food for Your DNA



 By Alycia Williams

“Everyone is different.” We’ve all heard this saying at least

once in our lives, and it's true we are all different all the way down to our taste buds. Have you ever wondered why you think something tastes amazing while your friend absolutely hates the exact same thing? That's because depending on our DNA, things can taste differently. How does your genetic make-up influence your taste buds?

## **In this food trend, check out ways DNA can affect how you experience eating food.**

Here are some key ways:

**1. Bitter blindness:** Some people have what's called Bitter Blindness which basically means their taste buds are immune to things that are more bitter. These people usually have a better time eating vegetables, because most vegetables are loaded in PTC (phenylthiocarbamide), which is what makes vegetables bitter. Those who can't taste it have bitter blindness.

**Related Link:** [Food Trend: Mood Foods](#)

**2. Hypersensitive, sensitive, and tolerant:** Not only are our taste buds different, but depending on your DNA, some people have more or less taste buds than someone else. You can have anywhere from 500-11,000 taste buds. Those who have more taste buds are considered hypersensitive tasters. Anything too bitter or too overpowering will be too much for a hypersensitive taster. People who have less taste buds are tolerant tasters, as there aren't many things that a tolerant taster can't eat.

**Related Link:** [Food Trend: What's the Big Deal With Hot Sauce?](#)

**3. Anxiety & depression:** There are some physical side affects

to anxiety and depression that can affect your taste buds. Someone dealing with anxiety or depression can eat the most flavorful food on the planet, but it could taste like cardboard to them. Essentially, the brain's chemicals are in control of what you taste so when their levels are a bit abnormal, your ability to enjoy a food's distinctive flavor suffers.

**4. Carrier of the OR6A2 Gene:** Have you ever heard someone say they think Cilantro tastes like soap? That's because they have the OR6A2 gene. Approximately 14 percent of the population carries this gene, which actually makes cilantro taste like soap, while others are just tasting cilantro.

**5. The Womb Experience:** Depending on what your mother ate while you were in her womb can determine what you have a taste for once you're born. Once a baby is born, the baby will already know what the people in his or her culture eat and have a preference for these foods. That doesn't mean you can't acquire your own love for different kinds of food later on, though.

**Do you know some other ways genetics influence your taste buds? Start a conversation in the comments below!**

---

## Food Trend: Oat Milk



 By Diana Iscenko

Vegan-friendly alternatives have become super popular in the food world over the past decade. In terms of the [health trend](#) that is alternative foods, nothing else has risen to fame

quite like oat milk. A study by the Specialty Coffee Association found that the popularity of oat milk has increased by 425% in the last year alone. The lactose-free, nut-free super milk is becoming a common alternative to dairy milk, joining almond milk and soy milk on supermarket shelves across the country.

**Whether you'd opt for oat milk in your latte or you're thinking about making a shift to only oat milk in your house, there's plenty of room for you on the oat milk bandwagon. Here are four reasons why you should ditch your dairy milk and hop on this food trend:**

**1. It works with most diets.**

Some people turn to dairy-free milk due to allergies and other dietary restrictions. Oat milk is free from lactose, nuts, soy and gluten, which are some of the most common allergens. Most other dairy-free milks only focus on removing lactose, but still have other allergens (We're looking at you, almond milk and soy milk!). It's also free from any animal products, so it's perfect for vegans, too.

**Related Link:** [Food Tips: Natural Sugar Replacements](#)

**2. It's environmentally friendly.**

For some, switching to a dairy-free milk is due to its impact on the environment. Oat milk uses very little water to produce, making it the least impactful non-dairy milk on the



market. According to a 2018 study, dairy farming uses 628 liters of water to produce one liter of milk. Oat milk only needs 48 liters of water.

### **3. It's great with coffee**

Oat milk's claim to fame is partly due to its popularity with baristas. Oat milk steams really well and gives your drink an extra creaminess that other dairy-free milks don't. Many coffee shops offer the alternative now. Plus, coffee creamers and bottled coffees made with oat milk have started to hit grocery store shelves.

**Related Link:** [Food Trend: 5 Benefits of Lavender Lemonade & Tea](#)

### **4. Most importantly, it tastes like milk.**


The best news is that oat milk tastes pretty much like dairy milk. Many other milk alternatives taste vaguely like its main ingredient (i.e. almonds). They can also have different textures, making them either too thick or too watery. Oat milk is pretty neutral-tasting, which makes it great for those who drink milk by itself.

**Are you open to switching to oat milk? Start a conversation in the comments below!**

---

# **Food Tips: Juice Cleanses Do's and Don'ts**



 By Alycia Williams

Navigating juice cleanses can be so difficult. It can be hard to determine how, when, or why to do them. If you need some [food tips](#) on juice cleanses, today we're going some over some do's and don'ts. Here is the [food advice](#) for this [food trend](#).

## **In these food tips, check out some advice for juice cleanses.**

**1. Do choose a cleanse that's right for you:** There are so many different kinds of juice cleanses, and there is definitely one that is right for you. Some people have pressed juice only, others just cut out things like alcohol, caffeine, processed or refined foods, sugar, gluten, common allergens and animal protein. Most people feel much more energized and satiated when they include lean protein, and/or raw veggies and fruits they can chew, rather than juices that are gone in a few gulps. It's perfectly OK to "cherry pick" from various plans to create a program that feels right for you.

**2. Don't do it to be trendy:** If you're going to do a juice cleanse, make sure it's because you really want to do it and not because your friend is doing one. Those who follow trends usually have a much harder time sticking to it, and when people who aren't really committed to cleansing their body doing them, they end up binge eating after the cleanse.

**Related Link:** [Food Trend: What's With the Keto Diet?](#)

**3. Do use the cleanse/detox as a gateway to a healthier lifestyle:** When you finish the juice cleanse, do your best to keep a healthy diet. You can open up your diet to more than just vegetable juice, but try to stay away from sugar-filled foods and drinks.

**Related Link:** [Food Trend: 5 Benefits of Lavender Lemonade & Tea](#)

**4. Don't start working out consecutively:** The juice cleanse is made to clean your body of previous unhealthy eating and toxins, not to lose weight or gain muscle. If you start working out while having this limited eating diet, you're in for the worst. You'll experience dizziness, tiredness, and nausea. Wait until after you finish the cleanse to then start working out.

**5. Do stay hydrated:** Make sure that you're not just relying on the juice to keep you hydrated. Drink water as well. 8-10 glasses a day is perfect to go along with your juice. Herbal teas are helpful as well.

**6. Don't ignore hunger pains:** If you ignore your hunger you'll be subjecting yourself to some harsh side effects. If you get hungry just simply munch on a fruit or vegetable.

**7. Do try it with a friend:** Since juice cleanses can be so difficult especially when you get tired of eating fruits and vegetables doing it with a friend can be fun and you guys can keep each other on the cleanse. It can also be a fun and healthy experience together.

**8. Don't end the cleanse without transitioning:** After only drinking and eating fruits a vegetables it is important that you don't jump into eating in large portions. Take your time and ease into those larger meals.

**What are some other do's and don'ts of juice cleansing? Start a conversation in in the comments below!**

---

# Love & Libations: 'Tis The Season For Punch



By: [Yolanda Shoshana](#)

'Tis the season made for entertaining. Whichever holiday you invite people to celebrate with you, a punch is the way to go. It's a great way to imbibe with family and loved ones, plus it saves you the hassle of having to continuous drinks during the night. Put out a punch bowl then pop a ladle in it, you will be good to go.

## Must-Try Holiday Punches!

### Blackened American Whiskey

As we know, celebrities love being in the booze game. Who would have thought that award-winning Master Distiller, Dave Pickerell, and Metallica would collaborate to create a bourbon. Maybe their song, "Whiskey In A Jar" was a big hint. Blackened American Whiskey is a marriage of the finest bourbons, ryes & whiskeys, however, it's mainly bourbon. The whiskey gets finished in black brandy casks. Does it get any sexier than that?

This is all to say that the whiskey would be perfect in a punch. The first time I had Blackened was in a cold toddy. It's the sibling cocktail to the hot toddy. It's refreshing and is a holiday treat in a glass.

**Related Link:** [Love & Libations: Autumn + Red Wine = Love](#)

### Cold Toddy

Ingredients:

- 1 medium orange
- 5 medium lemons
- 4 cinnamon sticks
- 4 Earl Grey tea bags
- 1 tsp. whole cloves
- 2/3 cup honey
- 2 cups Blackened Whiskey
- 1 tsp. orange or regular bitters
- Orange twists (for serving)

Directions:

Using a vegetable peeler, remove zest from orange and 1 of the lemons in strips, leaving white pith behind; slice fruit in half. Squeeze juice from orange into a small bowl. Squeeze juice from lemon into a measuring glass. Slice remaining lemons in half and squeeze juice into glass to measure 1 cup total; save any remaining lemon halves. Set orange and lemon juice aside.

Place zest in a small saucepan. Beat cinnamon sticks with the side of a chef's knife to break up a little and add to saucepan along with smashed ginger, tea bags, cloves, and 1 3/4 cups water. Bring to a boil and remove from heat; let sit 5 minutes. Remove tea bags, then stir in honey; let cool completely, about 15- 20 minutes.

Strain tea mixture through a fine-mesh sieve into a pitcher and add whiskey, bitters, and reserved orange juice and lemon juice. Add 2 cups ice and stir until ice is melted and the toddy is very cold.

To serve, pour toddy into glasses filled with ice and garnish with orange twists.

**Related Link:** [Love & Libations: Holiday Cocktailing Like A Celebrity](#)

**Próspero Tequila**

Another spirit that should make a guest appearance at your holiday table is tequila. You can make a yummy libation that pairs with your autumn dishes. I've recently discovered that tequila deserves more credit when it comes to pairing with food.

Did you know that Rita Ora has a female-driven tequila called Próspero Tequila? It's a relatively new libation and a new area for Ora. The distiller of tequila is one of the few women in the industry. It's smooth, elegant, and sassy, we couldn't expect anything less from Ora.

What should you make with this tequila? The Texas Punch is a good way to go since it's the perfect addition to any gathering. It's a drink that your friends and family will love. It's also a drink that you can make for you and your boo to keep in the fridge for after a hard day at work.

### **Texas Christmas Punch**

#### **Ingredients:**

- 1 cup sugar
- 1 cup water
- 4 cups pomegranate juice
- 3 cups Próspero Tequila
- 1 cup lime juice
- 2 cups cranberry juice
- 1 750-ml bottle sparkling wine (recommend Crémant or Cava)
- fresh cranberries to garnish

#### **Directions:**

In saucepan combine the sugar and water and bring to a boil, dissolving the sugar. Remove from heat and cool completely. This will create what is known as simple syrup.

In a large punch bowl stir together the simple syrup,

pomegranate juice, tequila, lime juice, and cranberry juice. Chill for 2 hours. Stir in the sparkling wine and serve for a very good time.

For more Love & Libations date night ideas and [celebrity couple](#) predictions from Yolanda Shoshana, click [here](#).

Read more on [Cupid's](#).

---

# Food Tips: Healthy Thanksgiving Alternatives Meal



By [Hope Ankney](#)

Thanksgiving is a time where families come together, memories are made, and a delicious meal is prepared. But, what do we all know too well about this holiday? We know the overstuffed feeling of eating too much [food](#), lying on the couch, and unbuttoning our jeans. The food served during the holidays, but especially around Thanksgiving, are carb-loaded and act as a gateway to long-term consequences if you're not careful. So, implementing a tradition of healthier food choices for your holiday meals can stop the overeating misery you experience every year and even keep your waistline in check.

## Food Tips: Thanksgiving is a

# holiday known for its huge feast. What are some small changes you can implement for a healthier Thanksgiving meal?

Now, we're not saying to deprive yourself of all the goodies that Thanksgiving has to offer on the dining table, but try to switch out one or two dishes for something a bit healthier. Nothing too drastic, but make sure these meal alternatives won't have you wishing you hadn't eaten it hours later. Who knows, maybe Cupid's [food tips](#) on some healthier Thanksgiving Day plates will even become a traditional meal prepared in your home for years to come:

**1. Pumpkin soup:** Is Thanksgiving complete if you're not at least biting into something pumpkin-flavored? An easy dish to prepare, pumpkin soup packs all the flavor and all the filling of any other pumpkin recipe. By using this recipe from [Rachelcooks.com](#), you'll have a delicious, well-spiced curry soup in only 25 minutes!

**2. Roasted sweet potatoes with honey and cinnamon:** Sweet potatoes are featured in many Thanksgiving dishes. It's most well-known for the tasty sweet potato casserole that is a staple to the holiday. If you're looking for a healthier option, don't worry, a simple roasting of these potatoes with a slight drizzle of honey and a sprinkle of cinnamon will be just as delicious as any dessert there.

**Related Link: Food Trend: [Managing Meal Complexity From Kitchen to Kit](#)**

**3. Vegan stuffing:** This alternative might not look much different than the regular, but it is much healthier for you. Taking away the butter and eggs, you're still able to get a



flavorful dish that reminds you of the holidays. The [Foodnetwork.com](https://www.foodnetwork.com) has a recipe that even features green tea to give it an earthy kick that chicken stock or vegetable stock won't give you.

**4. Thanksgiving cauliflower:** This might not sound appealing, but trust us on this. With the recipe provided by [Delish.com](https://www.delish.com), it'll be a crowd favorite during the holiday. Pouring gravy on top of the cauliflower will make everyone forget about looking for the mashed potatoes.

**Related Link:** [Food Tips: Natural Sugar Replacements](#)

**5. Apple nachos:** When it comes to desserts, it's difficult to steer away from all the pies and cakes that are served on Thanksgiving. But, apple nachos can be the one thing that saves that dessert table. Obviously healthier than a pie, this dish from [Delish.com](https://www.delish.com) can be prepared in minutes flat and have your guests coming back for more. It's a fun and creative recipe that you can mix and match every time you make it.

**What are some healthy meal alternatives you prepare for Thanksgiving? Let us know!**

---

## Food Trend: Fun Halloween-Inspired Desserts



 By [Hope Ankney](#)

There's a lot that goes into planning for Halloween. There are the costumes, the pumpkin patches, the hayrides, the movies that won't scar anyone too badly, and, of course, the [food](#).

Having tasty snacks to eat are a staple for any good Halloween-themed get-together. They're not only a fun decoration, but they can taste terrifyingly good. So, why not put on your apron, get in the kitchen, and start brainstorming what spooky [food trends](#) will have your guests begging for the recipes by the end of the night?

## **Food Trend: With Halloween just around the corner, what are some of the best Halloween-inspired desserts you can bring to your party this year?**

Let's face it: Halloween is nothing without the sugar. Sure, you can have a Halloween party and include more savory foods, but that's not what guests come for. When it comes to October 31st, we're setting our sights on dessert and dessert only. Guests come to indulge in so many sugary-sweet treats that they can barely stand afterward, and it's the one day a year where that is perfectly acceptable! If you want to have some fun, spooky snacks that are easy to make this Halloween, look no further than at Cupid's [food tips](#) for the best desserts to create this holiday:

- 1. Gluten-Free Halloween Monster Cookies:** Whipping up some gluten-free options makes sure that every guest won't miss out on the fun. With cookies, it's easy to make them look like a spooky treat. Have almond butter, natural sweetener, and dark chocolate chips on hand as you plunge into this recipe. To bake the cookies, follow the steps provided off of [Primaverakitchen.com](http://Primaverakitchen.com), and then make sure to have some Halloween-colored sprinkles to draw a mouth with. Finish by adding a couple of white chocolate chips painted with dots of black food-coloring that are placed as the eyes of the

monster!

**Related Link:** [Food Tips: Natural Sugar Replacements](#)

**2. 3-Ingredient Spooky Rice Krispy Treats:** With how busy you'll be planning for Halloween festivities, don't let complicated desserts eat up more time. Instead, opt for simple and easy snacks like these three-ingredient Rice Krispy treats to dazzle your guests. According to [Chelseasmessykitchen.com](#), all you'll need to do is take some rice cereal treats, dip them into some colored chocolate melts, place candy eye-balls on them, and cover them in sprinkles. How fun!

**Related Link:** [Love & Libations: Fall For Celebrity Wines This Autumn](#)

**3. Boo-scotti:** A quick yet cute dessert that looks more sophisticated than it really is, is chocolate dipped biscotti cookies. Another three-ingredient recipe, [Goodhousekeeping.com](#) details how to make this treat in no time! Melt down some white chocolate, dip the biscotti into the mixture, lay on parchment paper in the fridge for 15 minutes, and then melt some milk chocolate, take a toothpick, and make the ghost's face.

**4. Ghost Cupcake Cones:** A fun, little twist on a regular cupcake that will have your guests excited to try them. All [Confessionsofacookbookqueen.com](#) states is that you must bake your cupcake inside of an ice cream cone before decorating it to the top with a white, frosting swirl. Create the face with black food coloring and toothpicks, and you're done!

**Related Link:** [Love & Libations: Cocktails Inspired by Halloween](#)

**5. Marshmallow Mummy Pops:** This is probably the easiest dessert on the list. Coming from [Sprinklesofbreakfast.com](#), all you have to do to make this cute treat is to purchase some jumbo marshmallows, lollipop sticks, white chocolate melts,

candy eyes, and some white frosting to pipe at the end. Attach your marshmallow to your stick, dip it in the melted white chocolate, place the candy eyes, sit it in the fridge for 10-15 minutes, and then take your white frosting and pipe it over top of the marshmallow in big ribbons that resemble a mummy!

**What are some of your favorite Halloween-inspired desserts to make? Tell us in the comments below!**

---

## **Food Trend: Collagen Is Skincare You Can Eat!**



 By Meghan Khameraj

There seems to be a new skincare [beauty trend](#) every few months. Whether it's funky face masks or gold facials, there never seems to be a dull moment when it comes to healthy skin. This latest skincare trend is also the latest [food trend](#)! Collagen is a protein found within the body that strengthens bones and skin. Collagen is oftentimes sold in drinks or as an added protein in smoothies. Dermatologists believe that collagen has the potential to strengthen skin and reduce wrinkles, but there is not enough evidence to conclusively prove that it does as of yet.

**Collagen is the newest food and skin trend. There are a bunch of**

# simple ways you can add this protein into your diet. Cupid has some advice to help you get in on this new trend.

Food trends are always fun. They're even more fun when they give you great skin. In the latest food trend news, collagen is taking the world by storm. Cupid has some advice to help you incorporate collagen into your everyday diet:

**1. Drinks:** There are many trendy companies that sell drinks with collagen in them. Brands such as Vital Proteins make their trademarked Collagen Water in an array of flavors like Blackberry Hibiscus, which contain 10 grams of collagen. These drinks are super easy to add to your everyday routine!

**Related Link:** [Food Trend: Managing Meal Complexity From Kitchen to Kit](#)

**2. Supplements:** A simple and quick way to get more collagen is to take supplements. This one isn't a direct food trend but it definitely does help you get your daily collagen intake without really having to change any aspect of your daily routine.

**Related Link:** [Food Tips: Jack Fruit & Other Ocean Inspired Flavors](#)

**3. Bone broth:** Now, this might not sound like the most appetizing food in the world, but bone broth is extremely rich in nutrients and protein, especially collagen. You can use the bone broth to make a delicious soup that's perfect for the colder weather.

**4. Say "hello" to massages:** This one is also admittedly not a food trend, but you deserve to treat yourself too! Facials and

face massages can directly boost collagen production in your face. So book your next facial soon!

Have you tried the collagen trend yet? Let us know in the comments below!

---

## Food Trend: 5 Benefits of Lavender Lemonade & Tea



By [Ashley Johnson](#)

Summer may be long over, but you can still enjoy all the benefits of a nice colorful, refreshing glass of lavender lemonade or tea. Lavender is an essential oil that has been used for its healing properties for ages. It is one of the purest forms of medicine and therapy today.

**With lavender lemonade and tea gaining popularity, how can you make sure you get the most out of this latest food trend?**

There are many pros and [health](#) benefits to consuming this sweet refreshing concoction. Here is some [food advice](#) on how you can use this [food trend](#) to your own benefit:

**1. Helps skin:** It can take a while to find your perfect skin care routine. If you would like to go the more natural route, lavender lemonade and tea make a decent option. The essential

oil's antioxidant properties can help treat blemishes and inflamed areas on the skin. It may even help speed up the process of wound healing.

**Related Link:** [Food Trend: Millennial Flavors to Watch](#)

**2. Relieves anxiety:** The purple drink has been known to improve people's moods. Lavender contains anti-depressive properties so whether you are suffering from anxiety or depression, a glass of the drink can put you in a better mood.

**3. More sleep:** Having a good night's sleep is probably one of the best feelings ever. If you have insomnia or trouble sleeping, lavender teas can serve as a sleep aid that will not only help you get to sleep, but will help you stay asleep.

**Related Link:** [Food Trend: Top 5 Reasons You Should Eat Imperfect Food](#)

**4. Supports digestion:** The essential oil can help soothe digestive issues ranging from diarrhea to nausea. The anti-inflammatory properties of lavender help soothe irritated stomach muscles, eliminating stomach pain and making digestion much easier for the body.

**5. Reduces headaches:** If you suffer from chronic headaches like myself, this benefit can definitely be a game changer. If you are not a fan of having to rely on medication, lavender lemonades and teas can serve as a natural anti-inflammatory for headaches too. Lavender aromatherapy in general has been linked to an increased pain tolerance in people.

**How will you incorporate lavender lemonade/tea into your diet? Share in the comments below!**

---

# Love & Libations: Fall For Celebrity Wines This Autumn



By [Yolanda Shoshana](#)

Pumpkin spice lattes are great, but wait, it's time to get wines for autumn. 'Tis the season for snuggling, cuddling, and binge-watching your favorite shows with a [libation](#) to sip and savor. What this means is that it's time to stock up on wine. Have a good supply so that you are ready for crisp cold nights and snowstorms. Plus, you never know when Netflix is going to drop a new surprise show on a Friday night.

## Celebrate Fall With These Autumn Worthy Wines

Here are some wine picks to enjoy doing this autumn season:

### **Gerard Depardieu Chateau de Tigne Anjou Rouge**

It's no secret that actor and bon vivant, Gerard Depardieu, loves wine. He once admitted that he drank 14 bottles of wine a day. I would never challenge him to a drinking game, no way would I survive. Depardieu owns several vineyards with one of his most well-known being Chateau de Tigne in the Loire Valley, France. The red wine from this winery is the way to go while you are enjoying comfort food or after a long day at work.

It's the kind of wine that's good with most meals, enjoyed with a pizza or burger. The bonus is that it's very affordable. Don't forget to have it while watching, *Marseille*, starring Depardieu. It's the first French web series by Netflix. It's so bad it's good. Not to mention, very sexy at



times. Of course, the women wear the sexiest French lingerie which is perfect for your own boudoir ideas.

**Related Link:** [Love & Libations: Autumn + Red Wine = Love](#)

### **Studio by Miraval**

When [Angelina](#) filed for divorce from [Brad](#), the first thing that wine lover's wanted to know is, "but what about Miraval". Their award-winning rosé has been getting accolades since it hit the market. The good news is that even though the couple has called it quits, the wine lives on and is going strong. The one to sip this season is Studio by Miraval. It's a four grape blend that comes in a bottle that will remind you of perfume. It's for lovers of art and music who want to feel like they are on the French Riviera.

Sip with your love as you cuddle up in a warm blanket and connect through conversation.

**Related Link:** [Love & Libations: Cocktails Inspired by Halloween](#)

### **Invivo X, Sarah Jessica Parker Sauvignon Blanc**

Sarah Jessica Parker announced that she would be dropping some wine and it's finally here. The Invivo X, Sarah Jessica Parker's Sauvignon Blanc will be the first wine released in the collection. It's said that SJP has been a part of the wine's process from beginning to end. When I first heard that the wine is produced in New Zealand, I was surprised. It seemed like a New York or California winery would be more fitting, but New Zealand is a rising star in the wine world so it's a good move.

It's the perfect wine to sip and watch Sex and the City with your girl squad as you share the joys and oys of [dating](#). If you are on the other end, maybe you can sip and watch SJP's current show, Divorce, and share some "love is a battlefield"

stories.

**Related Link:** [Love & Libations: Holiday Cocktailing Like A Celebrity](#)

### **Domaine Curry Wine Cabernet Sauvignon**

Not just a basketball wife, Ayesha Curry, who is also an author, restaurateur, and culinary personality has put her toe into the wine game as well. The luxury wine is a partnership with her sister-in-law Sydel Curry. The ladies teamed up with John Schwartz of Coup de Foudre in Napa Valley. It's a small production wine so it may be hard to find, but that makes it even better when you do get your hands on a bottle. You will be sipping all fancy.

This is a grown and sexy wine therefore perfect for a romantic night in. I have a feeling the Steph and Ayesha have quite a few of those (when their parent's watch the three kids).

For more Love & Libations date night ideas and [celebrity couple](#) predictions from Yolanda Shoshana, click [here](#).

Read more on [Cupid's](#).

---

## **Food Trend: Mood Foods**



 By [Emily Green](#)

Ever get in those moods where you want to eat only a certain type of food? Whether it's ice cream, pizza, smoothies, etc, more and more [popular restaurants](#) and companies are advertising their products to be eaten when someone wants to

feel a certain type of way.

## Everyone has their go-to mood foods. It's a great food trend that everyone can make their own! What are some moods where these foods can be the perfect boost?

Cravings can fall in directly with the type of mood we are in. Whether we are happy, sad, etc, there is a food that is perfect for the type of mood we're in. Here are some of Cupid's moods where these foods can be a great boost:

**1. Feeling happy:** Having a great day? Feeling like it's time to treat yourself? Grab some dark chocolate as a snack. Dark chocolate is a great snack full of antioxidants, but also is known to reduce stress hormones.

**Related Link:** [Food Trend: Rolled Ice Cream](#)

**2. Feeling sad:** If today hasn't been the best day, you deserve some "you" time. Sit back, relax and grab your favorite tub of ice cream. Ice cream is notoriously known to help people feel better when they're feeling down, so grab your favorite flavor and chow down!

**Related Link:** [Food Trend: Millennial Flavors to Watch](#)

**3. Feeling lonely:** When people feel lonely, many tend to actually overeat. Rather than chowing down on your favorite junk food full of calories, opt for some pretzels or pita chips and hummus. It'll fill you up quick, and will still have your body feeling healthy.

**4. Feeling tired:** Need a pick-me-up before your long day at school or work? Rather than trying coffee, opt for a drink

made with matcha. Matcha will give you that energy boost to keep you awake and alert throughout your entire day.

What are some other moods where mood foods help give you that boost you need? Let us know in the comments below!

---

## Food Tips: Seven Foods That Aren't Really Vegan



By [Hope Ankney](#)

Sure, being vegan seems like an easy enough regiment to follow: Avoid dairy, meat, eggs, fish, and any animal-based ingredient. But, distinguishing what foods do and don't contain some of these ingredients can be much harder to recognize, even for a seasoned veteran. It's important to know what foods are safe, and surprisingly, some [foods](#) that seem vegan actually aren't at all!

**Being a vegan is great for a healthy lifestyle, but sometimes it's difficult to know what foods are safe! In these food tips, find out some surprising foods that aren't vegan.**

Going to the grocery store as a vegan can be a slippery slope

sometimes. It's one thing to know that fruits, vegetables, and dry grains are safe dietary options for a vegan, but it's another thing when the options become murkier. Reading labels becomes second-nature when it comes to pre-packaged foods because anything from lard to gelatin can be found in products that seem vegan-friendly upon first glance. But, if you're now wondering if some of your favorite foods aren't safe, don't worry! Cupid has some [food tips](#) for seven foods that are, surprisingly, not vegan:

**1. Bagels:** Even though bagels might seem safe, many are known to contain L-cysteine, which is an amino acid that is found in human, duck, or even hog hair! This ingredient is added by many commercial food manufacturers because of how much it speeds up production and how it makes a nicer texture in the bread. That said, it's more common than you think for manufacturers to use synthetic L-cysteine in their bagel products now. But, before you snag one on the way to the office, make sure the company you're buying the bagel from has options suitable for vegans!

**2. Honey:** As delightful and appropriate as honey may look, it doesn't fit the bill for being vegan. The key reason for this is because bees are killed during the production of honey. Honey is the main source of food for bees, and beekeepers tend to kill the queen bee to keep the production levels of the honey up. If you're looking for alternatives, maple and agave are great options for your honey fix!

**3. Refried beans:** Vegans know to stay away from any products that contain or are cooked in lard. But, it's not as common to know that foods that list 'natural flavors' could also mean they contain meat products! Make sure to know the sourcing and production process of these beans before assuming they're suitable foods for vegans. Search out vegetarian refried beans to make sure meat isn't used, and even then, check the label for other non-vegan products that could be involved.

**Related Link:** [Food Tips: Natural Sugar Replacements](#)

**4. Marshmallows and Haribo treats:** Unfortunately, most marshmallow and Haribo products contain two of a Vegan's no-go ingredients: gelatin and possibly carmine (if the sweet is red). But, fear not! With the rise of veganism in the mainstream food industry, there's a massive selection of vegan sweets that you can enjoy just like everyone else.

**5. Some dark chocolate:** Usually, dark chocolate can be checked off as vegan. However, there are some brands that do contain animal-derived ingredients such as whey, a variety of milk related products, or clarified butter. Those should easily be distinguishable on the back of a label, though, if you're unsure next time you're craving some dark chocolate.

**6. Beer:** Something that vegans really should be aware of is what beer is filtered with. Alcohol, in general, can be a slippery slope for vegans depending on what products go into creating the drink. But, with beer, many brands are filtered with isinglass. Isinglass is a membrane that is derived from tropical fish bladder. It usually is used to give your beer that bright and clear look. If you're unsure of whether your beer is vegan or not, German and Belgian beers are usually great vegan-friendly alternatives!

**Related Link:** [Popular Restaurants: Choose a Beef Alternative Like bRestaurant](#)

**7. Figs:** Most times natural fruits are safe for vegans to eat. But, with figs, it's a little more complicated. Unlike other products on this list, this situation isn't due to industrial processing. Instead, it's because female wasps lay their eggs inside figs. Often, these wasps are unable to escape from the fruit, and they decompose inside of it. Figs produce enzymes that break down the wasps so they're a protein, but it's hard not to think of this when you're munching on certain kinds of figs that contain wasps. Yikes!

**Did any of these foods surprise you as not being vegan-friendly? Comment down below!**