

Food Trend: Check Out the Best Diet-Friendly Snacks



By [Courtney Shapiro](#)

There are many snacks you can eat that won't disagree with your diet. A popular [food trend](#) right now is finding snacks that taste good without ruining all your progress. It's okay to eat the high calorie snacks sometimes, but we've got some [food advice](#) on which healthy snacks you'll want to incorporate into your regimen.

Check out which diet friendly snacks you should incorporate into

your eating habits

1. Hummus and veggies: Hummus comes in so many flavors and is a great guilt-free choice. Pair it with veggies for a low calorie, healthy alternative to chips.

2. Fruit with peanut butter: This is such a good snack option. Fruit gives you that sweetness you were craving, but the peanut butter fills you up and gives you energy

Related Link: [Food Trend: Incorporate Coconut Into Your Meals](#)

3. Dark chocolate: Satisfy your sweet tooth with some dark chocolate. With significantly lower sugar and calories than milk chocolate, this is an awesome treat for fulfilling a craving.

4. Popcorn: Popcorn is a favorite on most people's lists. There are so many diet-friendly popcorn brands including Skinny Pop and Boom Chicka Pop that offer a decent serving size without sending you over your calorie count.

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5. Pretzel thins and cheese spread: Pair Laughing Cow cheese wedges with thin pretzels to have a crunchy choice. The pretzels and the cheese wedges come in a variety of flavors, so you won't get bored easily.

What are some of your favorite diet friendly snacks? Tell us below!

Love & Libations: Cocktails Inspired by Halloween



October brings on the spooky vibes. This month's column is going to focus on cocktails inspired by a couple of villains and a badass woman who are icons, especially during the Halloween time. The cocktails include a celebrity brand to as well as a simple alternative spirit. Their libations will get you to have a scary good time.

Halloween Cocktails For A Scary Good Time

Nothing beats curling up under a blanket and watching Friday 13th. If you are like me, you're probably wondering why the

heck people even still go to Camp Crystal Lake. That's not to say that Jason hasn't traveled. He even made his way to New York City. Some of the best moments in the series are when couples are making out and one of them goes to check out the noise. That's a sure sign that one of them won't be coming back.

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Jason Voorhees- Friday The 13th

The Voorhees is made with fresh strawberries for the bloody red effect. Simple garnish with strawberries and add a touch of sea salt to the rim. Sip a few of these while watching binging on the series. If one of you leaves the room and takes too long to come back, maybe Jason decided to crash your party.

The Voorhees

3 Big ripe strawberries, sliced

2 ounces of Casamigos Blanco (alternative: Casa Noble)

$\frac{1}{2}$ teaspoon simple syrup

1 ounce lime juice

$\frac{1}{2}$ ounce triple sec

strawberry for garnish

Directions:

1) Muddle strawberries and simple syrup in the cocktail shaker until the berries are a nice liquid.

2) Add the lime juice, tequila, and triple sec to the shaker. Now shake until well blended. Pour into a chilled coup.

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Date Nights

Ellen Ripley- Alien

To this day, Ellen Ripley, from the movie alien is still one of the best-regarded heroines of horror movies. The character was eloquently played by Sigourney Weaver. It was the first time an actor was nominated for an Academy Award for a sci-fi or horror movie.

I call this cocktail the Ripley Weaver not only as a homage to Ripley but also to Weaver who is a badass woman. Weaver was in the same class as Meryl Steep at Yale and was told she wouldn't amount to much. It's safe to say she has proven people wrong. The libation brings together three French classics: Cognac, Crémant, and Cassis. A touch of bubbles to celebrate her power, the Cognac is her for smooth and calm nature taking on aliens, and the chassis is all about her edge. Alien is fun to watch with a group of friends, I dare you to watch with the lights off.

The Ripley Weaver

6 ounces Crémant de Bourgogne

1 ounce of Cassis

$\frac{1}{2}$ ounce of D'usse Cognac (alternative: Hennessy Black)

Directions:

Pour the cassis and Cognac into a chilled coup glass then top with the Crémant de Bourgogne. Garnish with berries or nothing at all, this cocktail is so good it needs nothing else at all. Even the Queen Mother would approve.

Related Link: [Love & Libations: Celebrities Sips on Tequila Day](#)

Freddy Kruger- A Nightmare on Elm Street

A Nightmare on Elm Street ruined sleep for plenty of people when the movie came out. Freddie Krueger became everyone's favorite villain to fear and love at the same time. He was smooth and shady all at the same time. Some of his lines were brutal as he took out his victims. Krueger had a hard life which made him salty enough to become a killer.

If ever there was a cocktail that screams Freddy Krueger it's a negroni. The bitter yet balanced drink that so many people love. The twist on this drink is that it's made with Amaro versus Campari. This one would be fun to sip in bed while in bed with your partner. Snacks and a Freddy On Elm Street, just don't fall asleep.

Freddy On Elm Street

2 oz. Amaro Montenegro

1 oz. Aviation Gin (alternative: Blue Coat Gin)

1 oz. Sweet Vermouth

Orange slice

Directions:

Stir Amaro, gin and vermouth in an ice-filled glass, garnish with the slice of orange. One, two, Freddy's coming for you.

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

Food Trend: How To Utilize

Farmers' Markets Near You



By [Ivana Jarmon](#)

The farmers' market has been a [food trend](#) for a very long time and has some of the freshest and tastiest fruit and vegetable available. The farmers' market offers food of a superior quality, and you're guaranteed real freshness that most grocery stores don't have. Your local farmers' market can be found somewhere in your town or a neighboring one, and a schedule can usually be found on your town's website or newsletter.

Check out some ways to utilize

farmers' markets near you:

1. Educational: Farmers' markets are not just markets, but they also provide an educational system to learn about your food. Those are farmers' markets can teach you how food is grown.

Related Link: [Food Trend: Benefits of Eating Local](#)

2. Supporting local business: By taking advantage of your local farmers' market, you help support your neighbor's business, which gives you the opportunity to get to know your neighbor and community. By knowing your farmer, you know your food.

Related Link: [Food Trend: Incorporate Coconut Into Your Meals](#)

3. Why you should utilize your farmers market over a supermarket: Although grocery stores do carry a small amount of local and organic products, most cannot equal farmers markets in the variety and quality of local foods, let alone guarantee a farmer's fair price. Shopping at a farmers' market is also a unique experience where shoppers and farmers get to know each other, help each other and do business.

What are some ways to utilize your local farmers' market? Comment below.

Food Trend: Incorporate Coconut Into Your Meals



By Courtney Shapiro

There are several foods that taste good, but also have a bunch of benefits. One of the new [food trends](#) on the radar right now is eating more coconut. Coconut can be eaten in many ways due to the meat inside as well as the water or milk you can take from the fruit. The fruit also gets used in various beauty products and is super versatile. We've got some [food advice](#) on why you'll want to add coconut into your diet.

Check out our reasons why coconut should be included in your diet

1. The oil is healthier: Coconut oil can be used as a substitute for butter especially in baking. The oil doesn't produce free radicals, the cells that kill working cells, and it has a longer shelf life. Coconut oil is also used in

various beauty products!

2. Versatility: This super fruit can be cooked and eaten in many different way including toasting it for desserts or using the meat for savory dishes. If you blend the flesh of the fruit with the water, it creates coconut milk, which is used as a substitute in ice cream or yogurt.

Related Link: [Food Trend: Benefits of Eating Local](#)

3. Hydration: Unknown to most people, but the popular hipster trend is actually more hydrating than regular water. Coconut water is isotonic, meaning it has the same amount of electrolytes as our blood. If you sweat, coconut water replaces the lost water in your body at a faster rate.

4. Anti Aging Properties: Coconut is rich in nutrients that promote cell division. Coconut also helps to prevent blood clots, and inhibits cancer development. These will help keep the body healthy for years in the future.

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5. Coconuts boost energy: This food item gets directly converted into energy. It also helps regulate blood sugar, and it's pretty filling, meaning you can go longer before eating again. Coconut is great for eating less as well as preventing fatigue.

Have any more reasons to include coconut? Comment below!

Food Trends: Acai Bowls



By Ivana Jarmon

Right now, one of the hottest new delicious [food trends](#) incorporates the superfruit acai into a bowl. The acai bowl is known as a typical Brazilian dish, but the history of the acai bowl traces back quite a ways. The acai palm thrived throughout the Amazonian and was a vital source of food for many people of that region. In the '70s, the dish traveled to northern Brazil and became quite famous. The dish is made up of a variety of nutritious foods and is commonly topped with granola or banana, and then mixed with other fruits and topped off with a syrup. However, there are alternative ingredients that can be used to make the delicious snack. The dish can be served in a bowl, glass and/or smoothie cup. Acai bowls are very quick and easy to make, so easy that we have the perfect acai bowl recipe you can make at home! But first some quick [food advice](#) on the acai – the acai is a berry that grows on a tree. It is also full of antioxidants, fiber and can lower

cholesterol. The berry is also full of protein. Acai boosts energy, helps with digestion, aids the immune system.

Check out our tips on how to make your own acai Bowl!

1. Base: You will want to start with a smoothie base. and you can choose your favorite: banana, apple juice, vanilla yogurt, frozen berries and acai berry puree (which can be found in the freezer section of most grocery stores). Break up your acai packet into pieces, and toss it into the blender along with the other ingredients. What you'll end up with is a thick and creamy smoothie.

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2. Bowl: You want your acai smoothie to be on the thick side because you're going to pour it into a bowl and eat it with a spoon.

Related Link: [Food Trend: Poke Bowls & How To Make Them](#)

3. Toppings: Feel free to be creative with your toppings; you can use fresh fruit and nuts, coconut, sliced almonds or granola. Once you have added your toppings, dig in!

Have any more tips on how to make a perfect acai bowl? Comment below!

Love & Libations: Autumn +

Red Wine = Love



By [Yolanda Shoshana](#)

Red Wines For Upcoming Autumn

Gift Red Blend by: Kathie Lee Gifford

It's no secret that Kathie Lee Gifford loves wine. She and her co-star Hoda always have a fun libation in front of them during the show. The name of the wines come from her last name and belief that friendship, love, and laughter are gifts that should be cherished. Recently Gifford has said that she is willing to make room in her heart for someone new. At this point, it would take someone pretty special to wine to sweep her off her feet. Her busy social life and show keep her content.

What's great about Gifft Wines is how affordable they are. It makes them the perfect option to channel your inner Kathie Lee and entertain friends and family.

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Baby Bear Syrah by: Kyle McLaughlin

One could say that Kyle McLaughlin is aging like his fine wines. When not acting McLaughlin can be found focusing on making small batch wines in Walla Walla, Washington. It's his home state and he said that he was obsessed with wines from the region. The unusual name for his line of wines comes from a reference from Shakespeare. If you've never had wines from the state you are in for a treat. Washington is known for producing amazing Cabernet Sauvignon, Merlot, Riesling and Syrah.

This is a special wine that should come out for a special occasion like an anniversary or romantic dinner. Make sure you have this one at home or a hotel so that you are close to the boudoir, it will give you the feels.

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Two Paddocks Pinot Noir – by: Sam Neill

If you won't know the actor, Sam Neill by name, you would definitely know him if you saw him. He recently was seen in the frisky movie, Gerald's Game. Let's just say handcuffs were involved. While he has had a very successful career as an actor, he found that he had a passion for wine. Neill has been in the wine game since 1993. Unlike most celebrities who have a wine business in Napa or Sonoma, his winery is in New Zealand. He owns four organic vineyard spread around Otago, a beautiful region known for its luscious mountains.

This big juicy Pinot Noir is bold and full of body. It will be a delight on the palate of any red wine lover. With this wine you could opt for a nice quiet dinner of lamb or steak or have it when you have your closest friends over. It's not a wine for so called friend, but perfect for your squad.

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LVE Cabernet Sauvignon- by: John Legend

Legend teamed up with the very classy Raymond Vineyards to produce his award winning wine. The goal of the wine is to bring together classic elegance, rich complexity and modern soul.

It has notes of chocolate, blackberries, and oak. Let's just say that it's seduction in a bottle.

This is a wine that is all about spending quality time with your partner. You might even want to whip up a recipe from Chrissy Teigen's new book, *Cravings: Hungry For More*, and pair with the wine. It would be like taking love tips for Chrissy and John.

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

Love & Libations: Celebs Create In The Name of Love



By [Yolanda Shoshana](#)

Everyday it seems like another celebrity is announcing a new wine or spirit. It's hard to keep up, especially when some of them are being quiet about it. There are some famous folks who just put their name on some booze so they can make money. However there are some celebs who do it for love. Below is a list of libations that the stars are putting their heart into.

In The Name of Love Celebrities Libations

Kelsey Grammer was recently in the news due to the possibility of a Frasier reboot. It was exciting news for fans of the show. While Frasier Crane was an avid sherry lover, what you may not know about Grammer is that he's working on opening a brewery in the Delaware Country near the Catskill Mountains

called Faith American Ale. He bought the land over 25 years ago because he loved going to area when he was growing up, starting a [celebrity vacation](#) trend. The actor went into rehab in 1996, but has stopped going to AA and enjoys a drink from time to time.

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Somewhere along the way, Sting teamed up with Shaggy, making [celebrity news](#). This has made his music relevant to a whole new set of fans. When not making music, Sting is giving his time to wine. Italy has been one of Sting's favorite places to spend time with his wife. The iconic couple is making the wine on their estate, Villa II Palagio. All of the wines are named after Sting's biggest hits, since he says " a wine is like a song- it has a story to tell". If you want, you can rent the villa for a romantic getaway and sip copious amounts of Italian wine.

Jensen Ackles is known to his fans as one half of the Winchester boys on Supernatural. When he's not slaying demons, Ackles is all about beer. He started the brewery, Family Brewing Business, with his wife, Daneel Ackles, who you may know from the show One Tree Hill or One Life To Live. Their goal is to bring people together over good beer, food, and music in their Austin-based tap room. Take Ackles [relationship advice](#): the couple that brews beer together stays together.

Nicki Minaj recently caused a stir on Twitter by claiming her album was delayed due to not being able to have a song cleared by the music legend, Tracy Chapman. Normally the drama that surrounds Minaj is centered around her love life. It's hard to keep up with the rapper's controversies. It's easy to miss that she has a line of bubbly moscatos and sangrias called Myx Fusions. According to Minaj, she didn't want to create an ordinary wine, though it's safe to say anything Minaj does wouldn't be considered ordinary. If only her relationships

were as sweet as her line of wine.

Related Link: [Love & Libations: Date Ideas & Summer Loving With Rosé](#)

Ryan Phillippe will forever be known for his bad boy role in Cruel Intentions. He's gone from heartthrob to DILF. I have to admit I was tardy to the Phillippe party until catching his latest show, Shooter. Lately he's been posting about Phillippe Vineyards. While there has been no formal announcement, it appears as if he is getting into the wine game with his family. Phillippe's love life is always a bit bumpy, but his love for his family or a glass of wine can't be denied. Time will tell what he has cooking.

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Food Trend: Benefits of Eating Local





By [Haley Lerner](#)

Looking for a way to spice up your diet? One of the hottest new [food trends](#) is eating local. Eating local is when you eat food that is locally grown and produced and is not moved long distances to market. If you're looking to for an easy celebrity diet, eating local may be the perfect thing for you and your family to try out. We've got some [food advice](#) on why eating local is a great choice for you. After reading this, you'll want to head straight to your local farmers market.

Check out our reasons why eating local is a perfect food trend for you to try!

1. Fresher food: One reason you should opt to eat local is that your produce is going to be so much fresher than when you buy it from a chain supermarket. Fruits and vegetable begin to lose their nutrients as soon as they are picked, so buying food locally cuts down the time it takes for your food to get

from the farm to your table.

2. More flavor: Another reason to eat local is that produce is being picked in their peak state of ripeness, so you'll get to eat your food when it'll be tasting the greatest. You'll also be only eating food that is in season, so there won't be any artificial ingredients or preservatives in your produce.

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3. Support your local economy: One of the best parts of eating local is that your money will go towards local farmers and sellers. You'll be promoting your local economy and helping businesses and services in your community stay afloat.

4. Environmentally friendly: Buying locally grown foods help maintain lots of farmland and green space in your community. You can thus help your town become greener and more environmentally friendly.

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5. Know what you're eating: Eating local is a lot safer than buying food from a regular grocery store. You know where your food comes from so there is less of a chance of contamination and safety issues from food traveling from far off locations. You also can ask your local growers about their growing practices so you are really comfortable with what you are eating.

Have any more reasons you should eat local food? Comment below!

Love & Libations: Celebrity Sips on Tequila Day



By [Yolanda Shoshana](#)

There's no denying that tequila is one of the hottest spirits around right now; however, not all tequila is created equal. Some of it is cheap and fills you with nothing but regrets the next day. In fact, that may be the reason you're scared to get anywhere near this specific libation ever again. Do yourself a favor and revisit the spirit or take a different approach to it. While there is bad and ugly tequila, there is some really good juice that has hit the market. It's a spirit that men and women enjoy. It's been said that women who drink tequila are mysterious and sexy. On your next [date night](#), maybe pour a little tequila on the rocks to knock off their socks.

Read for More Tequila Tips from Relationship Expert Yolanda Shoshana!

Celebrities have been jumping on the tequila trend. You will find that the celebs who make the best stuff were tequila fans well before they got into the booze game. National Tequila Day is on July 24th, making it the perfect time to sip like the rich and famous.

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Most people know that Sean Combs has been the face for Cîroc Vodka, but some will be surprised that *DeLeón* Tequila is his baby. Combs is far more vested in the tequila company. The luxury spirit comes in a fancy bottle that would make a great addition to a home bar or the perfect gift for your tequila loving boo. There is a bottle of *DeLeón* that runs for around \$850, but there are affordable options to choose from. Think of this as a sip and chill tequila or the kind of libation to get you in the mood for foreplay and boudoir business.

Casamigos is probably the most famous celebrity tequila on the market. When George Clooney and Rande Gerber sold the company for \$1 billion dollars, everyone clutched their drinking glasses. Though they sold the company, Clooney and Gerber are still very much involved with the brand. I bet Clooney sips a little bit more of it since becoming the father to twins. The Casamigos Blanco would be great for whipping up a batch of margaritas for the girls and chatting about love, life, and the pursuit of happiness.

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If you have been a fan of Mario Lopez since his Saved By The Bell Days, know that he has an adult beverage for you called Casa Mexico that he owns with partner Oscar De La Hoya. Lopez is so into the tequila that 120 bottles were served at his wedding. Take that as [relationship advice](#) from Lopez: the couple that shares tequila together just may stay together. Clearly Casa Mexico is good for sharing with loved ones.

Recently Dwayne “The Rock” Johnson announced that he would be starting his own tequila brand. Personally, I wish he would have gone with The Rock Rosé, but tequila it is. While his tequila isn’t out yet, he deserves an honorable mention. Mana will probably hit the shelves any minute; the Rock wastes no time when he brings it. The spirit will be called Mana Tequila. Mana means supernatural in Polynesian. It will be interesting to see how the spirit comes together. Given the name, it sounds like there will be an island flair to it. I imagine it will be good for when you and your partner can’t travel to the Polynesian triangle but want to feel like you’re on a [romantic getaway](#).

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

Food Trend: Poke Bowls & How To Make Them





By [Haley Lerner](#)

Right now, the hottest new [food trend](#) is poke bowls. Poke means “to slice or cut” in Hawaiian and the bowls consist of cubed raw, marinated fish on top of rice and topped with tasty vegetables and sauces. This dish has been around for centuries in Hawaii and it’s a delicious, healthy and unique meal you’ve got to try out. Now, you can pick up a Poke bowl at your local poke bar, Hawaiian restaurant or health food store. But, why not make it at home? We’ve got the [diet tips](#) to help you make the perfect poke bowl.

Check out our tips on how to build your own poke bowl!

1. Pick a base: Start out your bowl with a base. You can choose from jasmine rice, bamboo rice, white sushi rice, soba noodles, leafy greens or zucchini noodles.

2. Protein: Next, you want to top your bowl with some protein. Typically, the best choice is fresh raw fish, typically tuna.

Cut your fillet lengthwise and work against the grain to cut the fish into 1/2 inch strips. Then cut those strips crosswise into 1/2 inch pieces. If raw fish isn't your thing, opt for tofu or shrimp instead.

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3. Seasoning: Mix your protein with some seasonings to enhance the flavor of your meal. Sprinkle in some scallions, sea salt or sesame seeds.

4. Dressing: If you really want to accent the flavor of your fish, add salty sauces like soy sauce, shoyu, ponzu or spicy black-bean paste.

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5. Add some crunch: To finish off your bowl, add some extra toppings to give more crunch to your meal. You can add fresh fruits and vegetables like avocados, onion, garlic, bean sprouts or edamame. Or, you can add some roasted peanuts, shiitake mushrooms, wasabi peas, or jalapeños for some extra flavor.

Have any more tips on how to make the perfect poke bowl? Comment below!

**Restaurant Review: SUR
Restaurant & Lounge in LA Is**

a One-of-a-Kind Dining Experience



By Bre Gajewski

In West Hollywood, just a block off of Melrose Avenue lies SUR Restaurant & Lounge, a beautifully designed space with several unique rooms, a charming wait-staff and delicious food.

Restaurant **Review:** [**SUR**](#)
[**Restaurant**](#) is serving up delectable
Southern European cuisine, making

you feel like you have traveled
abroad without leaving LA.



An elegant dining area at SUR

SUR is owned by two couples: Guillermo Zapata (the original owner) and his wife Natalie alongside Lisa Vanderpump and Ken Todd, whom you may know from hit reality TV show *Real Housewives of Beverly Hills* and *Vanderpump Rules*. In fact, the latter show follows the employees at SUR as they build their futures.



The owners of SUR restaurant: Ken Todd, Lisa Vanderpump, Guillermo Zapata and Nathalie Zapata

Lori Bizzoco, Founder and Executive Editor of Cupid's Pulse, recently had the opportunity to not only meet Guillermo and the staff at SUR, but also to enjoy a meal when she was in Los Angeles last week. "What you see on the show does not depict the politeness and attentiveness of the staff," said Bizzoco. "We were definitely expecting to see some more drama but everyone we met were so sweet."



Lori Bizzoco, Guillermo Zapata and Tonia DeCosimo at SUR

It turns out that the ambiance at SUR truly stands up to its name: Sexy Unique Restaurant. Each smaller room in this large venue creates an intimate dining setting. Along with its indoor dining, SUR also has a romantic outdoor patio and a chic private-party room. "It was beautifully decorated with fresh flowers everywhere," Bizzoco mused. "It felt like I was in an old mansion or walking through a Victorian maze. There was room after room, each one more elegant than the last."



One of the many dining rooms at SUR

Outside of the ambiance, the food is what makes this restaurant stand out. Bizzoco had the opportunity to try out various items from the SUR menu. She started out with the Chicken Steamed Dumplings and Fried Goat Cheese appetizers, which were both delicious.

Bizzoco also tried the Shrimp Risotto, which she described as “incredible” in addition to the Jumbo Shrimp Fettuccine. “The shrimp melted in your mouth, and the fettuccine was so creamy and smooth,” she said.



Roasted Salmon Dish

That being said, Bizzoco's favorite dish was the Roasted Natural Salmon depicted above. "It was amazing," she said. "Beautifully seared on the outside and so moist on the inside that it melted right in my mouth."

With its beautiful ambiance, seasoned wait-staff, and delicious menu, SUR definitely stands up to its self-description as being on the "cutting-edge of style and cuisine." Dining at SUR (or even just stopping in for drinks) is an experience unlike any other.

Check out their [website](#) for more information and don't forget to follow them on [Facebook](#), [Twitter](#) and [Instagram](#) to fill your timeline with mouth-watering food.

Food Trend: Fermented Products



By [Haley Lerner](#)

The latest [food trend](#) that has been an essential part of many [celebrity diets](#) is fermented food products. Food becomes fermented by letting it sit and steep until the sugars and carbs become bacteria-boosting agents. Carbohydrates are converted to alcohol or organic acids using microorganisms such as yeast or bacteria. Not only does fermentation help to preserve food like vegetables, but it produces food products that aid digestion, support your immune system and improve your skin health and your mood. Fermented foods are a great source of probiotics that provide beneficial bacteria to help improve your gut health. Luckily for you, we have a list of some great fermented food products to include into your diet.

Try out the fermented food trend with these products!

1. Kombucha: This is what might be the holy grail of fermented food products. Kombucha is an incredibly popular beverage right now among health and fitness junkies. This drink is a fermented mixture of black tea and natural sugar. Kombucha becomes carbonated after fermentation and contains vinegar, B-vitamins, enzymes, probiotics and a high concentration of acid. The benefits of this drink are that it improves digestion, aids weight loss, detoxes the body, increases energy, supports the immune system, minimizes joint pain and helps prevent cancer.

2. Pickles: Who doesn't love a good sour pickle on the side of your favorite deli sandwich? If you do, you're in luck, because pickles contain vitamins and minerals, antioxidants and gut-friendly bacteria. Make sure to purchase organic pickles to get the full benefits of the salty snack.

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3. Miso: Miso is a paste made from fermented soybeans and barley, brown rice or koji (a fungus). You might be familiar with this product as it's often used in the yummy Japanese broth of Miso soup. Some benefits of miso are that it has anti-aging properties, supports the immune system, lowers the risk of cancer, helps maintain healthy skin, promotes a healthy nervous system and improves bone health.

4. Yogurt: Probiotic yogurt is one of the most popular fermented dairy products. Yogurt brands that contain billions of active cultures can support digestion, healthy skin and blood pressure. Try to avoid yogurts that contain sugars!

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[Allergies](#)

5. Sauerkraut: Yes, sauerkraut is a popular hot dog topping, but it also is an extremely healthy fermented food. This product is made from fermented cabbage and is high in dietary fiber, vitamin A, vitamin C, vitamin K, vitamin B, iron, copper, calcium, sodium, manganese and magnesium. Sauerkraut can aid circulation, increase digestive health, fight inflammation and strengthen your bones.

Do you know any more delicious fermented foods? Comment below!

Love & Libations: The Negroni & Anthony Bourdain





By [Yolanda Shoshana](#)

When I was thinking about what I wanted to do for this column, I was walking through NYC and came upon Les Halles. Unless you have been away from the news recently, you may know that Anthony Bourdain passed away. Les Halles was a French bistro where he got his start as an executive chef. Let's just say many romantic nights were had at the restaurant. Though both locations of the bistro are now closed, people have been leaving tributes to him pasted on the windows. Consider this my cheers to the icon.

The culinary world is still reeling over the death of Bourdain; in fact, it may never be the same. It will be hard to find anyone who can take his place, though someone will try to fill the void. He undoubtedly changed the way that people eat and drink. Someone said, "He was the Mr. Rogers of the food world." I would have never compared the two, but he did have an edgy Mr. Rogers charm about him. More importantly, both men had a way of making people stop, listen and think in a way that impacted lives. People around the world are coming forward with stories of how Bourdain helped them learn to love food. Since there's such a deep connection between love and

food, maybe Bourdain should have added “love doctor” to his resume.

Keep reading for details from our relationship expert Yolanda Shoshana on the late Anthony Bourdain’s favorite cocktail!

While most people think of food when they think of Bourdain, he was also a man who loved a good libation. He was often caught with a glass of wine in his hand, but there was a particular cocktail that he was a big fan of as well: The Negroni. Named after Italian Count Camillo Negroni in 1919, the classic aperitif is famous around the world. Bourdain called it the perfect drink, saying, “It’s [made from] three liquors that I’m not particularly interested in, but put them together with a slice of orange... it works. That first sip is confusing and not particularly pleasant. But man, it grows on you.” I would have to agree. The first time I took a sip of a Negroni, I was intrigued. After about three sips, that intrigue turned to love. It’s been one of my favorite libations ever since.

Related Link: [Love & Libations: Mint Juleps for a Derby Date Idea](#)

Bourdain shared a story with *Maxim* about how he made Negroni cocktails for his crew and ended up a bit tipsy. It’s the kind of drink meant to share with those near and dear. Get your squad together for a Negroni or two. We can all use a little bit more love and light. Plus, you can also use it as an aphrodisiac cocktail if you want to just kick it with your boo on [date night](#). It’s the perfect libation to sip during intimate conversations.

Related Link: [Love & Libations: Royal Reds for the Royal Celebrity Wedding](#)

The best part about the Negroni is that it's so simple to make. All you need are three ingredients and a slice of orange. If you don't have the orange slice, don't fret. After a few sips, it won't even matter. Cheers to you, Bourdain and those you love.

Negroni

1oz. Gin

1 oz. Campari

1 oz. Sweet Vermouth

Slice of orange

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

Food Trend: 3 Reasons Why Low Carb is an Effective Diet





Low carb diets are somewhat controversial because everyone has an opinion on whether or not they're effective. The science behind the restriction of carbohydrates instantly reveals why it's beneficial for weight loss and energy. The diet may not work for everyone, but you owe it to yourself to research the advantages before dismissing it out of hand.

Check out the following three reasons why a low carb diet is effective:

You Lose Weight More Quickly

Your body uses carbohydrates as its main source for fuel. That probably has you wondering why in the world you would ever want to limit your carb intake, right? Well, when you stop consuming carbohydrates, your body has to find something else to use as energy.. It turns to fat and attacks that instead.

That's why you need to focus on healthy fats: to give your body a fuel that it likes. Once your body begins to burn fat

for energy, it enters ketosis. Another result of that is reduced appetite. You're not as hungry as often, and when you are, it doesn't take as much to satisfy you.

Because carbs are still an essential part of a healthy diet, you shouldn't eliminate them entirely. Shift your focus to carbs that occur naturally. More than anything, you want to stay away from refined carbs and stick to natural ones, such as grains, fruits, vegetables, nuts, legumes, seeds, and milk. Consider downloading the Lifesum app to track your carb intake. Not only can you monitor your carbohydrate consumption, but with [help from Lifesum](#), you can also make sure that you're only eating natural carbs.

You're Full for Longer

One of the main reasons people give up on a new diet is that they can't cope with the feelings of hunger that result from it. No one wants to feel hungry – or be hungry. An empty stomach causes you to lose focus. You can't concentrate, your head hurts, and your tummy becomes increasingly vocal about the situation. Soon enough, the urge to splurge is too strong to resist. You want to eat anything as long as it finally fills up your stomach.

Low carb diets are more filling. You experience satiety sooner as you eat, and the feeling remains with you for hours. That's because in the absence of carbohydrates, your diet consists of more fiber, healthy fats, and protein. As a result, you don't have to consume as many calories, but you're sated, and you have energy to burn.

It's Excellent for Your Heart Health

A low carb diet allows you to eat some unbelievable foods, such as bacon and red meat. It seems like those types of foods would damage the health of your heart, but the opposite is true. When you consume vegetables and lean proteins more than anything else, it increases your HDL levels – that's the good

cholesterol. This type of eating plan also decreases your triglycerides, not to mention that it cuts down on several markers for cardiovascular disease.

You might feel a bit skeptical at first, but talk to a few people who consume a low carb diet. Ask them how their lives have changed.

Love & Libations: Royal Reds for the Royal Celebrity Wedding



By [Yolanda Shoshana](#)

All eyes have been on the royal [celebrity wedding](#) between Meghan Markle and Prince Harry. Between the cameras, approvals from the Queen, and invitations, Markle will probably be thrilled to relax with a glass of wine during her wedding reception. While there are many charming things about Markle, what I like about her the most is her love of good Italian red wine. Imagine chilling with Meghan over a glass of red, talking about tiaras and, hopefully, she shares the secret to her roast chicken recipe.

“The Tig” was the name of Markle’s lifestyle blog that was named after Tignanello, a full-bodied red wine from Italy. Long story short, it’s a wine from Tuscany that is a part of what is called the Super Tuscan revolution, which took place in the 1970’s. The red blend is a combo of Sangiovese, Cabernet Sauvignon, and Cabernet Franc produced in the Chianti Classico region. This would suggest that Markle has a sophisticated palate. She is prepared for all of the fancy meals at the palace, not to mention the food she will share with Prince Harry as they travel the world together.

A bottle of Tignanello can run from \$80 to \$150. However, there are Tuscan wines up to par that are more affordable. The following is a list of five wines that I like to think of as “royal reds” from Tuscany and ones that I think would receive a thumbs up from Markle herself. After all, a bold Italian red is perfect to sip during fairy-tale weddings or for a [date night](#) with your prince or princess.

Check out these red wines worthy of any royal celebrity wedding!

Luce Della Vite Toscana 2014 (\$100)

This unique wine is produced by Frescabaldi Estates in

Montalcino. It's the first wine from that area made with 60% Sangiovese and 40% Merlot. Montalcino is a highly regarded wine producing commune known for fabulous red wines. The Luce is an elegant blend that has aromas of cherries, blackberries, leather, and coffee. Doesn't that sound nice? Pair with a cheese plate or an exquisite meal. When you want to feel like a [royal celebrity couple](#), this is the perfect wine.

Related Link: [Love & Libations: Date Ideas & Summer Loving with Rosé](#)

Luce della Vite Lucente Toscana 2015 (\$27)

It's the second wine from the Luca Della Vite estate that is also produced in Montalcino. This red is a bit younger than the Luce. A full-bodied blend of 50% Merlot, 25% Sangiovese, and 25% Cabernet Sauvignon, the bottle is packed with fruity aromas. A glass of this goes great with cured meat and cheese. Think of it as a bold and sexy red. It would pair wonderfully with a romantic night.

Roxanne Rosso Toscana 2016 (\$20)

This Super Tuscan wine is produced on Sting and Trudie Styler's Chianti estate called II Palagio. Who knew they had wine, right?! Roxanne is a blend of 80% Sangiovese, 10% Merlot, 10% Syrah. It's the kind of red that goes great with a steak or pasta dish. A truffle cheese would always be a good pairing. If you can't make it to II Palagio, let romance find you and your boo in this bottle of red.

Related Link: [Love & Libations: Heat Up Your Relationship with a Date Night in the Kitchen](#)

La Mannella Brunello di Montalcino 2012 (\$80)

While this wine isn't considered a Super Tuscan wine, it's produced in Tuscany. It is made with 100% Sangiovese grapes. In fact, Brunello is the local nickname for the Sangiovese

grape. This bold wine is great with beef, lamb, and hearty red sauce dishes. When you want to feel fancy, this is a where it's at.

Cecchi La Mora Maremma Toscana 2015 (\$14)

A fabulous wine for every occasion, a blend of Cabernet Sauvignon and Syrah suits all palates. Aromas that will hit your nose are cherries, spice, chocolate, and a touch of floral. This one would be perfect for a night of snuggling in with roast chicken and garlic mashed potatoes, just like Meghan and Harry. It would also work for a girl's night in, you just may need extra bottles.

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

Love & Libations: Mint Juleps for a Derby Date Idea





By [Yolanda Shoshana](#)

Whether you care about the Kentucky Derby or not, you will be hearing about the races' infamous Mint Julep until the Derby is well and done. You can't have a Derby celebration without the classic cocktail! Plenty of celebrities show up at the Derby to be seen, including Kathy Couric, Debra Messing, Tracy Morgan, and Harry Connick Jr., to name a few. Some celebrities even host events. Try hosting your own Derby party for a fun [date idea](#)!

Keep reading for celebrity spins on Mint Juleps for a fun date idea!

Related Link: [Love & Libations: Date Ideas & Summer Loving with Rosé](#)

If you can't make it to the Derby to hang out with your favorite famous people, you can still sip like a celeb. Dust off your big hats and put on your flashy clothes (even if you are just watching at home) to rock the latest [celebrity style](#)

for your party or date night. Here are two recipes for the Mint Julep for your date idea – one has a Cognac base, while the other is based in whiskey:

D’USSÉ Julep (recipe courtesy of D’USSÉ)

Recently, [Beyoncé](#) stunned the world with her hot Coachella performance. Her boo, [Jay-Z](#), even joined her onstage. This celebrity couple will, no doubt, partake in the Derby. Jay-Z will probably make Bey a D’USSÉ Julep, the cognac-based version of this famous drink. Doesn’t she deserve one or two? The Mint Julep was originally made with Cognac, so if you want a historically proper Mint Julep, this recipe is for you. It’s perfect for entertaining, but if you and your partner are having a quiet Derby Day at home, it’s still a great fit for your date.

Ingredients:

- 2 1½ parts D’USSÉ VSOP Cognac
- 1½ part simple syrup
- 2-4 sprigs of mint
- Crushed ice

Directions:

Place simple syrup in a julep glass with 5 or 6 mint leaves and muddle. Fill the glass halfway with ice, add 1 1½ parts of D’USSÉ VSOP Cognac, and stir. Add more ice and 1 part of D’USSÉ VSOP Cognac. Stir again until the glass is fully frosted. Top with ice.

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Jimmy Russell’s Mint Julep

Matthew McConaughey is in bed with Wild Turkey to have his own signature whiskey called Long Branch. The whiskey is inspired

by his Kentucky and Texas roots. The following Mint Julep recipe is one that McConaughey has shared from the master distiller of Wild Turkey, though I recommend using his Long Branch instead of Wild Turkey 101. It has Matt's humor written all over it. This one is a friends-and-family drink. It's worthy of whipping up a batch because it will go fast.

Ingredients:

- 200 mL Wild Turkey 101 or Long Branch
- 2-3 fresh mint sprigs
- Shaved ice
- 1/3 portion simple syrup
- Powdered Sugar

Directions:

Pour the whiskey and set aside. To fully enjoy the experience, make sure you have a proper stainless steel julep cup. Pick the fresh mint sprigs of their leaves and muddle the mint leaves in the bottom of the cup. Don't use crushed ice! Get a block of ice and shave some ice into the cup. This step is very important. Once the cup is cold and sweating, add simple syrup, powdered sugar, and mint sprigs. Finally, take the cup, go to your backdoor, throw the whole thing out, and drink the whiskey straight!

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

Food Trend: Yummiest Low-

Calorie Desserts, And They're Vegan!



By [Jessica Gomez](#)

The hardest part of dieting for many of us is the process of giving up the unhealthy deliciousness we love! However, there are ways to get around this! Instead of cutting out all sweets, go for low-calorie ones. Our favorite stars do it! They fit scrumptious desserts into their celebrity diet while keeping their calorie intake low, and still have that great celebrity body. So, we want in! Be ready to indulge in healthy deliciousness.

Check out the latest food trend in the form of some of the most mouth-watering low-calorie vegan desserts out there!:

The following recipes are to die for, and they're both vegan and healthy (as far as desserts go, anyway)!

[Peanut Butter Pie](#): Do you love peanut butter? Do you love pie? Then you're gonna love this. Annie, a weight-loss expert, Holistic Health Coach, and PhD student at UT Austin, believes this is one of her best baked goods yet! This has a serving size of eight, and only contains about 62 calories per serving!

[Skinny Chocolate Milkshake](#): Do you love chocolate? Do you love shakes? Well, we have a treat for you that's only 49 calories! Say what?! It's also gluten and sugar free, with low carbs. This is a flavorful drink with the thickness that matches a "regular shake." Also made by Annie, it's just a healthy piece of deliciousness.

Related Link: [Celebrity Chef Recipes to Help You Eat Healthy This Year](#)

[Dark Chocolate Cherry Bark](#): Do you like a nutty dessert? A fruity one? Alyssa Shelasky of *Apron Anxiety* and *New York Magazine's Grub Street*, created a combination of both! And it's only 95 calories per serving! Learn how to make it on the site by clicking the link above. Once there, scroll down, as it's the fifth recipe. This seems new and exciting!

[Mini Vegan Strawberry Cheesecakes](#): Do you love strawberry? Do you love cheesecakes? Then here is a mini treat made up of only 10 -calories! Jenny Sugar from *Popsugar* states that these are easy to make. Enjoy this creamy, fruity treat. They're

also very cute, so save them for yourself or bring them out during a party or get-together.

Related Link: [Food Trend: Meal Ideas On the Go](#)

Coconut Macaroons: Do you love coconut? How about macaroons? These are gluten-free, and are only 30 calories per serving! They're on the dry side, as well, making them safer to pop in your mouth without worrying about an excessive amount of calories. Katie, proud healthy dessert blogger, loves chocolate, and believes "in eating dessert every single day." With that being said, we should definitely trust what she's talking about when it comes to these macaroons.

Which of these are you excited to try? Share below!

Popular Restaurants: Where to Find the Best Rolled Ice Cream





By [Carly Horowitz](#)

Have you heard of the new latest [food trend](#)? You have probably seen it on an Instagram post or a SnapChat story. It's rolled ice cream! It is ice cream that is cooled to a temperature where it is able to be rolled into a satisfying swirl. Now you definitely want to try this out, or more importantly, buy some so that you can post a picture of it, right? Fortunately, Cupid has narrowed down the places to find the best rolled ice cream in America.

Hop on the coolest (get it) food trend and try out these hot spots that have rolled ice cream!

1.10Below Ice Cream: This amazing spot serves Thai-inspired ice cream rolls. They make the desert for you right in front of your eyes. 10Below Ice Cream has locations all over New York in Chinatown, Flushing, Lower East Side, and East Village. They have even spanned to a Philadelphia,

Pennsylvania location and the store is opening up in Los Angeles, California soon!

2. Blossom Ice Cream: Located in Brooklyn, NY, this ice cream joint makes it their business to serve you rolled ice cream with great energy. With flavors like wild berry lavender, matcha melody, cookie butter, dream of Hawaii, and more, this is definitely not a place you want to pass up. They also offer soy-based cream for individuals with vegan diets or prefer non-dairy ice cream!

Related Link: [Food Trend: Seasonal Foods to Bring Spring Cleaning to Your Body](#)

3. Ice Land: Ice Land has put together a menu of rolled ice cream creations with specific toppings that go with each of the flavors in order for you to get a delicious desert experience. For example, they have a product called the 'key lime pie' which contains a vanilla rolled ice cream base, graham cracker, fresh lime, pie mixer, and whipped cream! This place is located in Philadelphia, Pennsylvania.

4. Holy Roly Ice Cream: Make your way down to LA and stop by Holy Roly Ice cream for some organic, handmade desert. The best part is that with no preservatives or stabilizers added in, this can serve as a relatively healthy desert! They also recommend that you take videos of them making the rolled ice cream. Perfect Instagram story opportunity.

Related Link: [Famous Restaurants: Crazy Milkshakes in NYC](#)

5. I CE NY: Although it has NY in the name, this store spans widely throughout the U.S. with multiple locations in New York, Florida, Georgia, Michigan, Pennsylvania, and Texas! There are also locations coming soon to Massachusetts, Colorado, and Virginia. I CE NY has also put together wonderful ice cream combinations for you to choose from. Or, you can mix and match ice cream and toppings yourself. Don't miss out on the 'Strawberry Cheesecake' that contains vanilla

ice cream, fresh strawberries, real cheesecake, and strawberry sauce. This popular experience is a perfect way to end off a [date night](#) in a sweet way.

Know of any more places that serve amazing rolled ice cream? Comment below!

Love & Libations: Date Ideas & Summer Loving With Rosé



By [Yolanda Shoshana](#)

With the start of spring earlier this week and summer creeping

closer, it's time to bust out the rosé. While it's fun to "rosé all day" anytime of the year, there's something even more magical about sipping the pink wine during the spring and summer months. If you're looking for a fun [date idea](#), here are four rosés that you can enjoy to make you feel like the rich and famous.

Spring & Summer Date Ideas with Rosé

Related Link: [Sparkling Wine for Holiday Date Nights](#)

Château Miraval Rosé

Love didn't keep [Brad Pitt](#) and [Angelina Jolie](#) together, but their wine, Miraval, is still flowing strong. When the former celebrity couple came out with the rosé, it was such a hit that it was named "the best rosé in the world." When they split, the first question was, "What will happen with the wine?" Luckily, the wine lives on!

Pitt once said that he tastes every barrel himself – but now, I'm not sure who tastes for him now since he is rocking a sober life. Made from four grape varietals in Provence, it's an elegant wine that works for all types of occasions. This wine is perfect for what Wendy Williams calls the "kitchen table top," when you are with family and friends sharing secrets, celebrity gossip, and the joys or oys of life.

Diving Into Hampton Water Rosé

Can you imagine Jon Bon Jovi sipping rosé by the pool? It's not a bad image at all. He just launched a new rosé inspired by the Hamptons called Diving Into Hampton Water. Rosé wine is known as "Hampton's Gatorade" because it's a big deal during the summer. Bon Jovi's son, Jesse Bongiovi, came up with the concept and name of the wine. While the name of the wine features the Hamptons, it's actually produced in the South of

France by the very charming winemaker, Gérard Bertrand.

It's the kind of wine to sip by a pool when hanging out with your boo. The wine is selling out because it's shiny and new. If you can get your hands on a bottle, it will be a special treat for you and the one you love.

Sofia Rosé

This rosé by Francis Ford Coppola is named after his only daughter Sofia, who most people know as a talented director and screenwriter. With her busy schedule, I can't help but wonder how often she has her wine. This California wine is a blend of Syrah and Pinot Noir. It's an elegant wine in a sexy bottle that showcases the lively pink color of the rosé. The aromas in the wine are floral and berries, which make it wonderful to pair with fish, seafood, and cheese.

Skip the Sofia Rosé bubbles in the can and go for the still wine in a bottle. It's perfect to pair with a quiet date night at home or when you're cooking dinner together.

Related Link: [Heat Up Your Relationship with a Date Night in the Kitchen](#)

Vanderpump Rosé

While Lisa Vanderpump is famous for being one of the stars of *Real Housewives of Beverly Hills*, she is quickly becoming known for her wine. Since she and her husband, Ken Todd, are in the hospitality business with 28 bars and restaurants, having a wine is a natural progression. The Vanderpump Rosé is produced in Provence, so it's perfect to drink when you want to feel like you are in France without hopping on a plane. As Vanderpump says, "Life isn't all diamonds and rosé – but it should be."

It's a feminine wine with a lot of personality on the palate. This wine is perfect for your summer soirees at a rooftop bar

or in the backyard with your squad.

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

Love & Libations: Heat Up Your Relationship with a Date Night in the Kitchen



by [Yolanda Shoshana](#)

Preparing a nice home-cooked meal on a [date night](#) with your partner is one of the sexiest things that you can do together.

It's also important to pair your food with the right spirit or wine. There are some [celebrity chefs](#) who have the perfect libations to add a sensual touch to your dinner table.

Ideas for Date Nights at Home

If you are a foodie, you have probably already gone to an Alain Ducasse restaurant. The celebrity chef has around 19 Michelin stars under his belt. Ducasse partnered with Grey Goose to create the first gastronomy vodka called Grey Goose Interpreted by Ducasse. Basically, the vodka was made to pair with food. Since it has notes of coffee, chocolate, and vanilla, it would be great to pair with something from the slow cooker on a night that you and your partner plan to stay in. It would be particularly wonderful with a mole sauce.

Related Link: [Romantic Cocktails for Winter Date Nights](#)

If anyone should be in the libation business, it's Martha Stewart: She shows us how to cook and entertain better than anyone. She finally got into the wine game by creating a wine club with some of her favorite picks. Joining the club could be a great way for you and your boo to plan your meal based on wines from around the world. Stewart has plenty of aphrodisiac recipes available to whip up that can go with your wine choice. Don't forget to try new dishes! It adds to the excitement.

If you are into Italian wines, then chef Lidia Bastianich has the right wine for you. Besides hosting a television show, Bastianich is a restaurateur mainly on the East Coast, but she has a spot in Kansas City too. She founded the Bastianich Winery in 1997 in the Friuli-Venezia Giulia area of Italy. Since she has various cookbooks, you and your partner could select one of her recipes and pair it with one of her wines. If white wine is your choice, the Bastianich Vespa Bianco would be great with fish. On the flipside, the Bastianich

Vespa Rosso is the perfect selection for a red sauce dish – and just because red wine is sexy.

Related Link: [Date Night Ideas Inspired by Celebrity Red Wines](#)

Wolfgang Puck is known for his extravagant dinners and his work with celebrities. Did you know that Puck also has his own wine? Luckily, they're very affordable: There are both red and white selections in the 12 to 15 dollar range. The wine was created to celebrate family, friendships, and hope. If you wonder what to pair his wines with, go with pizza. Everyone knows that Puck loves pizza, and he has a pizza dough recipe that makes people salivate. Plus, pizza and wine are the perfect pairing for a night of romance.

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

Ways to Incorporate Food Into Date Night That's Not Just Dinner





By [Karley Kemble](#)

Dinner [date nights](#) are pretty standard among most couples. Sure, it's fun to get dressed up and have a night out, or even have a sultry night in and cook together. Sometimes, though, dinner can feel like a drag or the safe, comfortable option. While there are plenty of potential options that do not involve food, we all have to eat sometime! If you still want to incorporate munching into your date night, but want to break free from the standard dinner-and-a-movie mold, you'll love these awesome alternatives!

Grab a pen and paper, you're going to want to write these yummy [date night ideas](#) down!

1. Have a Friendly Bake-Off: For some competitive fun with your partner, try a bake-off. You can make something as simple as cookies, or something more challenging, like a pie! Make sure to set some stakes before getting started: loser has to

clean the kitchen or pay for the next time you go out!

Related Link: [Dating Advice: Survey Results Are In! What Does it Mean to be Single in America?](#)

2. Samples, samples! Get your samples: Ever been to Costco in the evening? Make it a date night! Get your bulk shopping done and fill up on some yummy samples. It's a fun and certainly different date idea. You can even make a game out of it, and see how many samples you can wrangle before being turned away. Though we can't guarantee there will be samples readily available in the evenings, it's still worth a shot!

Related Link: [Do We Sleep Differently When in Love?](#)

3. Breakfast for Dinner: We all know breakfast is the most important meal of the day. You don't just have to eat eggs, hash browns, or pancakes during the wee hours of the morning! Breakfast for dinner is an amazing substitute for a traditional pasta dinner at a sit-down restaurant. You can either find a cafe that serves breakfast all day, or whip up a meal in your own kitchen! It'll feel much more special than a regular dinner, guaranteed!

Related Link: [Relationship Advice: When Is the Old New Again?](#)

4. Everybody Loves Brunch: If you want the traditional dining-out experience but are tired of going to your usual dinner restaurants, switch it up and go on a brunch-time outing! Though this date wouldn't take place during the traditional night setting, day dates are very fun, too! Brunch has become a loved meal of the day, because of its versatility. It pleases those who enjoy breakfast foods, and those who gravitate toward lunch.

5. I Scream for Ice Cream: Ice cream is a good idea year-round. Seriously! Nothing beats a spontaneous ice cream run, and there are plenty of places to grab a scoop, pint or gallon! Whether you want to split a huge sundae or do your own

thing, ice cream is a great way to spend time together and treat yourselves!

How have you incorporated non-dinner date nights into the mix? Share your experience with us in the comments!

Celebrity Diets: 5 Celebrity-Approved Diets to Achieve Your Summer Body



By [Jessica Gomez](#)

Summer is here, and some of us have been procrastinating on

getting in shape for fun in the sun, or maybe are just not quite there yet. Dieting is a challenge for most of us, so it's important to find one that is right for you. Some research suggests that choosing a diet you can stick to is more important than which diet you choose. Consistency is key, so choosing the most realistic diet for yourself is essential in reaching your goal.

Not every diet works for everyone, so here are five celebrity diets to choose from to lose weight. Let the diet and fitness tips begin!

Try one, try some, or try all of these celebrity diets! All of these diets are celebrity-approved and vegan-friendly! Some are full plans, and others are tips you can incorporate into your own diet:

1. Hot Lemon Water: Drink it right after waking up. Many celebrities have tried this tactic – Elle MacPherson, [Lauren Conrad](#), [Beyoncé](#), Gwyneth Paltrow, and Miranda Kerr are a few! The diet consists of a simple daily routine: drinking a cup of warm water with at least one tablespoon of fresh lemon juice. Lemon juice is highly acidic, so the mixture of it with warm water helps digestion by kick starting it early in the morning. For even better results, drink a cup before each meal instead of just before breakfast.

Related Link: [Celebrity Chef Recipes to Help You Eat Healthy This Year](#)

2. Master Cleanse: This is an all-liquid diet. Beyoncé did a master cleanse, while incorporating cayenne lemon water into her all-liquid diet. You can also try juicing as a master cleanse. Make some at home or get some from your nearest juice

bar. Juice fasting is a good way to lose weight because you can receive the raw nutrients of vegetables and fruits, and since it's in liquid form, you digest it much easier. See the pounds fall right off!

3. Baby Food Diet: To some this may sound gross and to others, yummy. Baby food is no longer just for babies! The diet is based on eating baby food as your first two meals of the day and then eating a healthy dinner. Baby food is low in calories and is easy to digest. About 14 jars of baby food, up to 75 calories each (the less the better), should replace breakfast and lunch. For dinner, it's your choice! To aim for a healthy dinner, just try to lay off of anything fried or high in sugar, carbs, or salt. Celebrities like [Lady Gaga](#) and Camila Alves have tried this diet!

Related Link: [Celebrity Chef Recipe: Meal-planning Made Delicious](#)

4. Macrobiotic Diet: This strict diet is pretty famous due to Madonna. Meat, dairy, eggs, and wheat are all excluded from your meals for this diet. Other foods are fair game, like brown rice and other whole grains such as barley, millet, oats, and quinoa. The diet encourages "sea vegetables" as well. What are sea vegetables? Arame, nori, kombu, and kelp are few vegetables originating from the sea. These lower cholesterol, detoxify your body, and fights constipation and aging as well.

5. Apple Cider Vinegar Shots: Before every meal, take a shot of apple cider vinegar, measuring to around a teaspoon. Celebrities like Megan Fox have tried this diet. If you feel like you can't take the shot neat, you can mix two teaspoons into water. If the taste is still too unpleasant for you, you can add a sweetener like honey or maple syrup. Of course, neat shots and diluting the vinegar in water are more effective. This diet takes time – you must take it consistently over a long period of time. The acetic acid has fat-burning

properties that influence your fat metabolism, stopping your body from storing fat, and instead using it as a form of energy.

What are some diets you've tried that worked for you? Share below!

Food Trend: Meal Ideas On the Go



By [Carly Horowitz](#)

You slowly arise from your slumber as you hear your alarm going off at 6:45 A.M... only 15 minutes until you have to be

out the door! Luckily, you have already prepared your to-go meals for the day the night before so that you don't have to take time preparing anything AND you don't have to waste money by buying food from somewhere else. Also, you made sure that what you prepared is healthy and yummy. What a perfect start to your morning- getting to sleep in a little later while still being prepared for your day. Living the life. Oh wait, did that actually happen to you this morning? If it didn't, don't worry- it can!

Below are some great meal ideas on the go!

Cupid is here to help with multiple healthy yet delicious [food trend](#) meal ideas to prepare for busy on the go people like you. If you save time by prepping your meals to go, you can have more time for a [date night](#) or a [romantic getaway](#)!

1. Hand pies: Hand pies are really just amazing. You can pack these babies in a container and have some for lunch or dinner on the go! There are also endless possibilities of how you can prepare them- buffalo chicken hand pies, paleo chili, mushroom gorgonzola and caramelized onion... is your mouth watering too? All you have to do is cook and prepare whatever you would like to fill the hand pie with, roll out some dough and separate it into however many hand pies you would like to make, drop some filling into the dough pieces, fold them over, egg wash, and bake until they are golden brown.

Related Link: [Celebrity Chef Recipes: Meal-Planning Made Delicious](#)

2. Fresh salads: A salad may sound a little boring for a fun meal on the go idea, but if you know the right way to spice it up with some fun ingredients, a salad in a tuber-ware is a perfect thing to munch on to keep you energetic throughout the

day. Here are some cool things that you can add to your salad of arugula, spinach, romaine, or whatever other base you choose. Feel free to mix and match these fun salad add in's: lean turkey, grilled chicken, tuna, hard boiled eggs, bell peppers, avocado, smoked cheese, farro, toasted almonds, watermelon, pomegranate seeds, grape tomatoes, cucumbers, sunflower seeds, olives, quinoa, edamame, kidney beans, any type of berry, or anything else you can think of that might go nicely together in a salad! There are so many options.

3. Overnight oats: You didn't think we forgot about breakfast, did you? Overnight oats is a really cool to-go breakfast idea. If you have a jar of something that only has a few scoops left in it, like peanut butter, almond butter, jam, etc.- simply fill it with oats, some yogurt, milk, chia seeds, frozen berries, and then in the morning as you rush out the door, you can grab the jar and you will have a yummy healthy mixture to munch on.

Related Link: [Celebrity Chef Recipes to Help You Eat Healthy This Year](#)

4. Muffins: Bake some delectable muffins the night before for an easy and yummy breakfast or for a snack to have around lunch time! If you are looking for something healthy to munch on, try baking some paleo morning glory muffins! If not, it is always a good idea to whip up some traditional chocolate chip or blueberry muffins. Yum!

5. Sophisticated Sandwiches: Sandwiches are always a go-to idea for packing meals on the go. You can prepare your traditional ham and cheese sandwich on whole wheat bread if you would like- or you can make a more interesting sandwich that will serve more as a meal. Some ideas are: Spicy orange and sesame chicken sandwich, smoked gouda and apple butter, egg salad with avocado, roast pork and pickled cucumber, smoked salmon, and more!

Related Link: [Celebrity Diet: Get A Red-Carpet Ready Body and a Healthy Mind By Eating These Super Foods](#)

6. Kabobs: Kabobs are such a good portable meal because you eat it off of a stick! How convenient. Expand your horizons-cook up some kabobs with steak and potatoes, honey-lime lamb and melon, Caribbean shrimp, mustardy grilled corn and sausage, ginger tuna, five-spice beef, etc. You can prep these kabobs on the grill the night before, and refrigerate them so that you can take them on your journey in the morning. It would be very convenient if you had access to a microwave to heat up the kabob's wherever you are- but if not, they will still be yummy chilled.

What meal ideas on the go do you have? Comment below!

Love & Libations: Valentine's Day Cocktails for February Date Nights





By [Yolanda Shoshana](#)

As soon as January 1st hit, the Valentine's Day decorations, chocolates, and teddy bears are out. Now that February is only a few weeks away, it's time to prep. February is known as the month of love. Besides Valentine's Day on the 14th, there are 27 other days to show love to your partner, friends, and, of course, yourself.

That being said, here are three libations to help you show love next month:

Cocktails for February Date Nights

Related Link: [Love & Libations: Sparkling Wine for Holiday Date Nights](#)

Gin & Dubonnet

Celebrate yourself and drink like a queen. Queen Elizabeth II has a Gin & Dubonnet every day at lunch. In fact, it's part of her four-cocktails-a-day routine. It's perfect to enjoy while

having some “me time.” There’s a good chance that the Queen will sip on one of these at Prince Harry and Meghan Markle’s [celebrity wedding](#) reception!

Ingredients:

- 1 1/2 oz. gin
- 3/4 oz. Dubonnet Rouge
- Lemon or orange twist for garnish

Directions:

Add all the ingredients to a glass and fill with ice. Stir. Garnish with a lemon or orange twist. Sip as you are wearing your favorite tiara.

Chocolate Martini

A chocolate martini is an aphrodisiac in a glass. Believe it or not, two Hollywood legends created this cocktail: none other than Rock Hudson and Elizabeth Taylor. They invented it one evening when they lived across the street from each other while they filmed the movie, *Giant*.

The following recipe uses Sean “Diddy” Combs’ Ciroc Vodka. Maybe he will make one for his long-time love Cassie – or she will make one for him. After all, it’s the perfect cocktail for lovers on a February [date night](#).

Ingredients:

- 1/2 oz. Ciroc Vodka
- Dash of Madagascar vanilla extract
- 1 1/2 oz. Godiva Chocolate Liqueur
- 2 1/2 oz. half-and-half
- 1 oz. Kahlua
- Ice
- Shaved chocolate and/or fresh strawberries for garnish if desired

Directions:

Add all of the ingredients to a cocktail shaker and shake. Pour into a chilled cocktail glass that is rimmed with chocolate syrup. Garnish with dark chocolate and/or strawberries.

Related Link: [Love & Libations: Autumn Date Nights Inspired by Celebrity Red Wines](#)

Flirtini

February would not be complete without a Flirtini. Most people remember the Cosmo being a big part of *Sex and The City*, but the Flirtini was also in the mix. All it takes is three ingredients. Enjoy with your girl squad while binging on the show.

Ingredients:

- 1 oz. vodka
- 2 oz. champagne
- 2 oz. pineapple juice

Directions:

Combine vodka, champagne, and pineapple juice in a highball or collins glass filled with ice. If you are making it for a viewing soiree, multiply the recipe by six, and mix it up in a pitcher.

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