

# Food Trend: CBD-and Cannabis-Infused Food



By [Mara Miller](#)

The National Restaurant Association recently surveyed 650 professional chefs about the top culinary and restaurant trends for 2019 and found that three out of every four chefs said CBD- and cannabis-infused foods will be a top [food trend](#), according to *CNBC.com*. Cannabis remains illegal at the federal level, but has been legalized in 10 states for recreational purposes. CBD oil lacks THC, which is the component of cannabis that intoxicates the user. The article also reports that some restaurateurs want to get in on the trend with less scrutiny and so they have turned to private clubs to offer these dishes. And, while some states have legalized cannabis and most [CBD products](#) became legal under federal law in

December, some restaurants with chefs who offer CBD and cannabis-infused foods may get points docked by health departments because it does not have FDA approval.

## **Get more info on 2019's latest food trend – CBD- and cannabis-infused food!**

The bottom line is that cannabis-infused foods are not currently legal in all states. That being said, CBD oil does have health benefits and is without the mind-altering THC that comes in cannabis. If and when it does become legal and accepted by FDA standards, here are the health benefits:

**1. It can relieve pain:** CBD oil can be used to treat or reduce pain, such as arthritis, multiple sclerosis, back pain, and muscle spasms. These benefits are heightened when combined with THC.

**Related Link:** [Food Trend: Probiotic Products](#)

**2. Antipsychotic effects:** Studies suggest that CBD oil may reduce the effects of mental disorders like schizophrenia by dampening symptoms.

**Related Link:** [Food Trend: Dessert Hummus](#)

**3. Diabetes:** In studies on mice, CBD reduced the chance of the disease by 58%. Keep in mind that this is just from a study on mice—the health benefits in humans may be different and remain unverified.

**What are some other benefits you can see from CBD oil? What**

about cannabis, if it were to become legal in all 50 states? Let us know in the comments below!

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## Food Trend: 5 Best Mocktail Recipes



By [Mara Miller](#)

Do you ever feel like drinking cocktails out with friends, but don't want to deal with the hangover the next day after? Mocktails have been gaining popularity as a [food trend](#). They're great because you get to have your favorite drink while you're the designated driver for your friend's birthday

or want to avoid the extra calories that can be packed in traditional cocktails. Restaurants are adding more mocktail recipes to their menu as a nonalcoholic option for those who don't want the effects of alcohol, but who still want to join in the fun of a night out with friends.

## Food Trend: 5 of the Best Mocktail Recipes

Whether you are tired from partying all weekend or don't like to drink alcohol, you can still try these top five mocktails in this [food advice](#) to enjoy a fancy drink:

**1. Mocktail Mule:** This is an alcohol-free version of the famous spicy ginger cocktail. The only difference is that it has ginger beer-a nonalcohol soda.

**Related Link:** [Food Trend: Traditional Sunday Meals](#)

**2. Virgin Piña Colada:** Piña Coladas are yummy, but did you know you don't have to add the rum? This mocktail is sweet with pineapple juice and coconut cream.

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**3. Cuddles on the Beach:** An alternative to the famous Sex on the Beach, this yummy drink is filled with juices only like cranberry juice, grapefruit juice, and peach nectar.

**4. Virgin Mary:** The nonalcoholic version of a Bloody Mary. This is still a good spicy drink for brunch even if you don't want to add the vodka.

**5. Sparkling Blue Mocktail:** Want a pretty drink without the buzz at the bar? Order a Sparkling Blue Mocktail. It has several variations, but the main ingredient is blue fruit punch. Some recipes call for blue sprinkles around the edge.



Do you have a different favorite mocktail that should have been on this list? Let us know in the comments below!

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## Food Trend: Rolled Ice Cream



By Megan McIntosh

It's not really a [food trend](#) unless it's Instagram-able, and rolled ice cream is definitely pretty to look at. This unique dessert originated in Thailand and has made its way to the United States, becoming especially big in cities like Los Angeles. This sweet treat allows all the flavors to be rolled into one in a special way.

# This new Thai food trend is taking over our taste buds:

Here's what you need to know about this rolled ice cream phenomenon:

**1. It's fun to watch:** You get to see your ice cream treat being made right in front of you. The worker pours a milk-based liquid (there are vegan options) on an extremely cold metal surface. Once it freezes into a creamy texture, they can add your chosen toppings and flavors, scrape it flat, and roll it back up into a cup.

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**2. It's like you get to play with your food:** Or rather watch someone play with your food. It's definitely an Instagram moment to watch the flavors you chose come together on the frozen metal. Once it's rolled up in your cup, you can eat it with a spoon. If you really want to get a taste of all the flavors, though, try eating it with chopsticks. It's a fun challenge and a chance to eat the ice cream as is without smashing everything further.

**Related Link:** [Food Trend: Acai Bowls](#)

**3. Stir-fried ice cream is its nickname:** What? Though this ice cream is not made in a hot wok, the idea is similar. Instead of stir-frying it, you're churning it with metal knives. Eating this treat is a chance to try a dessert from abroad without getting on an airplane.

**What is your favorite dessert? Share below!**

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# Love & Libation: Kiss Me, Cocktails Inspired by Irish Authors



By [Yolanda Shoshana](#)

The most popular holiday in March has got to be St. Patrick's Day. The celebration is a feast day for Saint Patrick the patron saint of Ireland. Once the Irish made it to America they used the day to honor all things, Irish. *The Kiss Me I'm Irish* slogan comes from if you can't kiss Blarney Castle, the next best thing is kissing someone who's Irish to get the power of eloquence and luck.

# St. Patricks Day Drinks

To celebrate this joyous Irish occasion indulge in some cocktails named after famous Irish writers. As we all know the Irish love drinking to their dearly departed. The following cocktails are inspired by Irish writers who had very interesting love lives.

## Oscar Wilde

Oscar Wilde is one of Ireland's most influential playwrights. It's said that he got his storytelling skills from his mother, Lady Jayne, who was known for making an entrance. His first love was Florence Balcombe, but she dropped Wilde to marry Bram Stoker. After proposing marriage to two other women, Wilde eventually married the scandalous woman, Constance Lloyd, who was just as ambitious as he was. They lived a life surrounded by bougie folks. While an affectionate marriage, Wilde ended up preferring the company of young men. As Wendy Williams would say "How you doin?"

## Oscar Wilde Cocktail

1 1/4 Ounce(s) Absinthe

3/4 Ounce(s) Fresh lemon juice

3/4 Ounce(s) Simple Syrup

1 Egg White

1 Ounce(s) Chilled Champagne

Freshly grated nutmeg, orange twist



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

## **James Joyce**

The Irish icon, James Joyce, published his first piece at 9. Some of his most popular works are Ulysses, The Dead and Finnegans Wake. While you may not consider those page-turners, there are letters by Joyce that may be up your alley. You may be surprised to find out that Joyce wrote filthy love letters to his wife, Nora Barnacle. Some of them would even make Christin Grey blush. There's nothing like a good ole fashion naughty love letter to spice things up in a romance. Use Joyce for inspiration to write your own and serve this cocktail.

### **James Joyce Cocktail**

1  $\frac{1}{2}$  ounce of Irish whiskey

$\frac{3}{4}$  ounces sweet vermouth

$\frac{3}{4}$  ounces Cointreau

$\frac{1}{2}$  ounce lime juice

Shake and strain into a chilled cocktail glass. Garnish with an orange slice

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## **F. Scott Fitzgerald**

Most people have read "The Great Gatsby" since it was required reading in school. It was a very glitzy and glamorous story of prosperous Long Island in the summer of 1922 written by F. Scott Fitzgerald. While he was born in America, he had had

Irish roots. Fitzgerald and his saucy wife Zelda lived a party filled life and had a passionate relationship. Basically, they partied and loved hard. While there isn't a cocktail after him, he loved a drink called The Gin Rickey. His spirit of choice was gin because it was undetectable on his breath. He is known for saying " First you take a drink, then the drink takes a drink, then the drink takes you".

### The Gin Rickey

#### Ingredients

2 oz. Gin

$\frac{1}{2}$  Lime

Club Soda

Add the gin to the Collins glass full of ice. Add the juice from the lime half, then drop the shell into the glass. Top with soda water.

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## Food Trend: Peganism





By Megan McIntosh

The hottest [food trend](#) combines two popular diets, paleo and vegan. The paleo-meets-vegan lifestyle incorporates vegan-living with no animal products and paleo-dieting, which includes no dairy, grains, soy, legumes, or processed sugar. One health expert created Peganism as a movement toward healthier living. With Peganism, animal foods aren't completely out of the question like they are with a vegan diet. Your diet should center on plant-based products while incorporating high-quality animal foods into your meals. Take our [food advice](#) and try this new trendy way of eating.

## Here are some ways to get started with Peganism:

With all these food diet trends coming out every day, it's difficult to figure out which one is actually the healthiest. With Peganism, you take the core of two popular diets and combine them. According to the creator, Peganism is one of the healthiest ways to eat. It's so healthy that even Bob Harper,

host of *The Biggest Loser*, follows it.

### **So how can you start this new healthy food trend?**

**1. Avoid sugar:** Like with most diets, you're going to want to avoid any added sugar. Peganism is a more natural way of eating, so you don't want any added chemicals, either. That means avoid processed foods like chips and candy.

**2. Eat lots of plants:** Of course a diet that is part vegan is going to emphasize eating lots of vegetables and other plant-based foods. But luckily, it balances out with the ability to eat meat. As this is a part-Paleo diet, you're going to want to make sure that you're eating grass-fed, organic meat with your veggies.

**Related Link:** [Popular Restaurants: NYC Vegan Restaurants That Will Satisfy Both Vegans and Non-Vegans](#)

**3. Take it easy on the fruit:** Since we're avoiding added sugar, you also don't want to eat too much sugar-heavy fruits like bananas. You want to go for fruits like berries which tend to have less sugar. But think of these fruits as a treat, not an everyday snack.

**Related Link:** [Food Trend: Check Out the Best Diet-Friendly Snacks](#)

**4. Just say "no" to dairy:** Dairy is apparently not agreeable to many people which might explain the influx of non-dairy based milk on the store shelves. Avoid real dairy if you can. You should also try to avoid products containing gluten.

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**5. Meat is extra, not the main event:** Meat should be an addition to your meal and not the star of the dish. Think of meat as a side and vegetables as the main course. There should be way more vegetables on your plate than meat.

Veganism and the Paleo diet can both seem overwhelming but this newest food trend combines the two to give you more food options while maintaining that healthy eating lifestyle.

Are there any other diet tips you would give when trying Peganism? Share below!

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## Food Trend: Probiotic Products



By [Mara Miller](#)

Taking probiotics is a growing [food trend](#) you don't want to ignore. In this [food advice](#), we'll talk about products you can



use to introduce probiotics to your body. Gut health can affect everything from your sleep to what kind of foods you can tolerate. It isn't fun to think about the bacteria that live inside of our bodies, but it's important to take care of the good bacteria living in our guts so we can continue to be healthy.

## Food Trend: Probiotic Products

**1. Olives:** Wait, what? Olives are considered a probiotic? Look for naturally cured olives. It's better if you can get olives of a Spanish variety. Not only are they a tasty snack, but eating about five is a great way to get your daily dose of probiotics—just be careful not to eat too many. Olives are packed with salt.

**Related Link:** [Food Trend: 3 Things to Know About Fermented Food](#)

**2. Apple cider vinegar:** The benefits of using apple cider vinegar are endless. It can be used for a lot of things, from skin care to cleaning. For some people, apple cider vinegar even helps heartburn. Drizzling a little on top of your salad doesn't hurt either since it's packed with probiotics and amino acids.

**Related Link:** [Food Trend: How to Utilize the Reject Food Left in Your Pantry](#)

**3. Tempeh:** Less known than tofu, tempeh is a soybean meat alternative for vegans and vegetarians who want to get more probiotics into their diet. It is made with fermented soybeans. It holds its shape better than tofu so it can be used in dishes like stir fry and grilled skewers.

**4. Probiotic Shots:** This might not sound particularly appetizing, but probiotic shots are packed with the good bacteria you need for your gut. They can either be mixed in a

morning smoothie or swallowed down like a shot of whiskey...only they're a *lot* healthier for your body.

**5. Supplements:** Supplements are the next obvious choice in a probiotic product you can use to introduce good bacteria into your body if gut shots or probiotic foods seem unappetizing. Taking a supplement is a simpler solution, giving you the probiotics you're missing in your diet.

**Probiotic products are everywhere because of this food trend. Have you learned of any that are beneficial to gut health? Let us know in the comments below!**

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## Food Trend: Traditional Sunday Meals





By [Lauren Burczyk](#)

We're keeping the traditions alive with this new [food trend](#). Do you miss sitting around the table on a Sunday, while mom makes a traditional meal for your family? Well, you're in luck with these new [food tips](#)! Sunday meal food ideas are a great way to please the whole family and get them prepared for the busy week ahead. Take some of our [food advice](#) and gather around the table every Sunday for a home-cooked meal just like Mom used to make.

## Here are some traditional Sunday meal food ideas:

**1. Meat Loaf and Mashed Red Potatoes:** This classic comfort food is sure to please meat lovers and carb cravers alike. This traditional recipe can be cooked up in the crockpot for a simple, yet satisfying Sunday dinner.

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**2. Balsamic Roast Chicken:** This surprisingly simple-to-make

roast chicken will have your family running back for seconds. This Sunday-special chicken is flavored with rosemary, wine, and balsamic vinegar.

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**3. Sunday Pot Roast:** You can prepare a down-home dinner any day of the week, with the help of your slow cooker and this meal. Gather the family around the dinner table to enjoy this tender and savory roast.

**4. Slow Roasted Chicken and Vegetables:** This meal's easy to prepare and is always a family favorite. With very little prep time and few ingredients, it's the perfect addition to your Sunday gatherings.

**5. Puff Pastry Chicken Potpie:** If you're looking for comfort food, then look no further. This potpie is easy, filling, and super-satisfying with it's flaky crust, tasty chicken, and hearty vegetables.

Can you think of any more Sunday meal food ideas? Comment below.

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## Love & Libations: Celebrity Reds To Turn You On





By [Yolanda Shoshana](#)

While most of the attention in February goes to Valentine's Day and Galentine's Day, the whole month is known as the month of love. This is where red wine comes in.

It's been said that when you want to get romantic, red wine is where it's at. It boosts the libido. The wine contains flavonoids (antioxidants) that increase the blood flow to key areas that get things going in the boudoir. While the tannins and histamines in the wine give your body a bit of warmth which also gets you in the mood for a little fun.

## Red Wines For Your Love Life

The following are some reds that will add a touch of spice to your love life.

### **Nocking Point Wines- Year VI Cabernet Sauvignon**

Plenty of celebrities have wine, but Nocking Point is the first line of wines to be curated by celebrities. The winery was co-founded by Stephen Amell from the hit WB show, Arrow. The wines are produced in Washington. You may be surprised to find out that they are the 2nd largest producing wine state in the US. There are great wines coming out of the region.

This red is their flagship wine. It's aged in French oak



barrels with aromas of red and black fruits, plus a bit of wood. The perfect wine for a romantic dinner that includes steak or a truffle pizza.

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

### **Il Paglaio- Roxanne Rosso Toscana**

I was sent a note that Sting and Trudie Styler wanted to send me this wine so how could I say no? It's produced on the land of their villa in Tuscany where the couple love to spend some quality time.

When people think of this duo, "sexy" tends to come to mind. How many couples do you know that practice seven-hour tantric sessions? Maybe it's something we should all get going in our lives.

Roxanne Red is named after the famous song written by String, but it's also inspired by Alexander the Great's wife, a muse of Cyrano De Bergerac. The song is about a man who falls in love with a lady of the night. He confesses his love and asks her to stay with him.

While the song leaves it up to our imagination whether she stays or goes, if you bring a bottle of Roxanne Red, you just may win your lover's heart. It's a red blend that has "amore" written all over it. Think deep ruby red with notes of red fruits, cherries, and spices. All the makings of a love libation. While you are at it, pair a little tantra with your wine.

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### **Las Jaras Wine- Old Vine Carignan**

The wine was created for good times and to have the perfect wine to pair with food. This small production of wine is co-created by Eric Wareheim. You may have seen him on the Netflix show, Master of None.

If your partner is into wine from California, this is a good selection. The Carignan grape is originally from Spain so this wine will give you a Spanish vibe. The bold juicy red is a food friendly wine which is exactly what you are looking for when you want to have a romantic meal. Long story short, this is a unique bottle of wine. Your love will be pleasantly surprised if you choose this one.

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

## **Bastianich Wines- Vespa Rosso**

When a kitchen witch like Lidia Bastianich has a wine, attention must be paid. Bastianich has been wowing audiences with her Italian cooking for years. Between her cookbooks and restaurants, it's not surprising that she got into the wine game. Founded in 1997, the wines are produced in the Friuli Colli Orientali DOC region of Italy.

This red blend has aromas of mulberries, blackberries, and balsamic vinegar. This powerful wine also comes with a touch of elegance. It would be great with bleu cheese and honey. It's been said that cheese is an aphrodisiac. Imagine how fun a red wine, honey, and bleu cheese would be. Plus this wine will make you feel like you're sipping in the beautiful lands of Italy.

Some people forget about Italian wine during romantic holidays because France seems to have the "sexy image" on lock. Don't forget to add Italian wines in your list.

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

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## **Food Trend: Dessert Hummus**





By [Mara Miller](#)

Here's a fun new [food trend](#) for 2019! Hummus is awesome. Not only are chickpeas low in caloric intake, but they're high in protein and can help improve digestion, making them a good meat substitute for vegans and vegetarians. Pita chips go really well with red pepper and garlic hummus, but have you considered what it might be like to try graham crackers with pumpkin pie hummus?

## **Check out the latest food trend that treats hummus as dessert!**

One of the best parts about most dessert hummus is that it's vegan and low in calories, so it's a healthier alternative to ice cream or a slice of cheesecake. We've gathered a few recipes for you to make at home! The great part is that some of them only take five to 10 minutes. All you need is a processor to grind everything up with the beans.

[Snickerdoodle Hummus](#): This hummus has chickpeas infused with

cinnamon, coconut sugar, and vanilla. It's best served with strawberries, but also works with pretzels, apple slices, and rice cakes.

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**[Chocolate Brownie Batter Hummus](#):** Who doesn't love eating brownie batter? This dessert hummus is a healthier alternative without the eggs since it's vegan with a base ingredient of chickpeas. Throw a few chocolate chips on top and you can double the chocolatey goodness!

**Related Link:** [Food Trend: Pot Pies Are Back](#)

**[Pumpkin Pie Hummus](#):** If you're a pumpkin pie lover, it can be a bummer when the pumpkin spice coffee starts to go out of season. This recipe mimics the taste of a pumpkin pie with cinnamon, brown sugar, and nutmeg. Spread it over some graham crackers to mimic the crust! This recipe has pecans all over it, but if you have a nut allergy, you can leave it out.

**[Cake Batter Hummus](#):** This one has some more refined sugar than the other recipes, but that's because it's mixed with some cake batter. It also calls for a tablespoon of milk, but if you're vegan, you can try leaving it out or using an alternative. The chickpeas stand in for the butter and eggs. It's typically a hit with the kids, too!

**[Chocolate Chip Cookie Dough Hummus](#):** We can't give you a list of dessert hummus recipes without mentioning this. If you're a cookie dough fan, this hummus is great with apples or by the spoonful. It's gluten-free, and the possibilities of what you can eat it with are endless.

**Have you tried dessert hummus? If you've found any other yummy recipes, be sure to share them with us below!**

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# 5 Food Trends to Watch for in 2019



By [Lauren Burczyk](#)

As we are now settling into this new year, it's time to take a look at the top [food trends](#) of 2019. This year's top [food tips](#) will be inspired by cutting costs, but increasing quality, looking to the ocean for snack ideas, and finding the best plant-based alternatives for protein. From healthy fats to hemp, we can tell you all about the latest crazes when it comes to what we are eating this year. Here's some [food advice](#) and top trends for this new year!



# If you are ready to find out the latest food trends for 2019, here are five of them to what to watch out for!

**1. Dining in is popular this year:** To cut down on the cost of going out to eat, a rising trend this year is staying home and cooking. This trend can actually help us save money and increase the quality of the food that we're enjoying.

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**2. Turning to the ocean for snack inspiration:** Instead of potato chips, think seaweed strips or kelp noodles. These products are very intriguing and are a nice, healthy option for when we can't resist a snack.

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**3. Choosing the best plant-based protein alternatives:** Meat-free is a continued trend for this year. We'll be seeing the best alternatives to meat being made from wheat protein, coconut oil, potato protein, and hemp.

**4. Healthy fats are making a comeback:** With the rising trends of diets like keto and paleo, healthy fats are becoming more popular than ever. From keto-friendly nutrition bars to coconut-butter filled chocolates known as "fat bombs", fats are starring ingredients in creative and convenient foods.

**5. Hemp will be a popular new interest for many:** Hemp hearts, seeds, and oils are nothing new, but a new trend focuses on other parts of hemp plants. Try the trend for yourself with hemp milk, supplements, and hemp-infused drinks to have you feeling your best.

Can you think of any other food trends for 2019? Comment below.

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## Food Trend: How to Utilize the Reject Food Left in Your Pantry



By [Courtney Shapiro](#)

It can be difficult to decide what to do with all of the food that doesn't really get used in your pantry. You don't want to let it go to waste because you spent money on it, but you also

aren't really sure how to utilize the items. A helpful current [food trend](#) is finding ways to use the excess foods in your pantry so they don't get thrown away. Take a look at our [food advice](#) on what you can do with the leftovers so your money doesn't go to waste.

## Check out how you can use all of the food in your pantry

**1. Make a soup or stew:** Soups and stews can be made with a ton of leftover ingredients. Take a look in your pantry and gather up items that can be used in a big pot of soup. This is perfect if you have seasoning packets or extra cans of beans that haven't been used yet.

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**2. Donate to a local food bank:** Sometimes it can be a struggle to eat every single thing in your pantry. If you know you aren't going to eat it, donate those things to food banks. Your food won't be going to waste, you'll be freeing up space, and someone in need will be getting a meal.

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**3. Get creative:** If you find a recipe, you pretty much can create anything ranging from dips and salads, to casseroles and more complicated dishes. Try to use the items you know you already own so you aren't going out and spending money. Some sites even let you search by specific ingredients, so research recipes with those items in the back of the pantry!

**How have you utilized reject food in your pantry? Share with us in the comments!**

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# Food Trend: 3 Things to Know About Fermented Food



By [Mara Miller](#)

Did you know that pickles, sauerkraut, and kombucha are all types of fermented food? A new [food trend](#), fermented foods are packed with health benefits. This method of preserving food through fermentation dates back to 6,000 B.C. and is still embraced in several other countries.

# Here are three things to know about the fermented food trend:

**1. Fermented food has health benefits:** It balances the good bacteria through probiotics. Fermented foods are a great source for natural probiotics. It helps you maintain your gut flora—over 400 bacterial species that aid in digestion.

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**2. Not all fermented foods are equal:** While cheese is fermented, it is not known to have the same health benefits as yogurt, for example. Kombucha, pickles, and kimchi all have different benefits. While most fermented foods benefit a healthy digestive system, research which foods will benefit your body the most.

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

**3. You can ferment your own food:** Sauerkraut, any kind of pickled vegetable, Kimchi, yogurt, and juice are all easy to make at home to save money and help your gut. You can find a multitude of recipes online with a variety of flavors to fit every palate.

**Have you tried any fermented foods besides sauerkraut and pickles? What health benefits have you noticed? Share your thoughts below.**

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# Love & Libations: What To Sip & Binge, That Is The Question



By [Yolanda Shoshana](#)

Some people still miss sipping red wine while watching Olive Pope and her Scandal squad. The show made drinking red wine on Thursday nights a special occasion. While you can still catch Scandal on a streaming site, there are other fabulous shows with characters getting their drink on. Here are some shows paired with some of the hottest celebrity libations to help you get a binge on when you and your partner want to kick it at home.

Sip and Drink for your next TV binge!

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

## Celebrity

### **Killing Eve- Ferguson Crest Viognier by Fergie**

If you watched the Golden Globes, you know that Sandra Oh won for best actress for her portrayal as Eve Polastri. Oh plays a detective hot on the heels of a sociopath assassin. It's all so very cat and mouse. She's so dedicated to her job that it's hurting her marriage. Who hasn't had a partner that's taken them for granted? I think we can all raise our hands.

That means Eve needs white wine from time to time. The Ferguson Crest Viognier would be the kind of wine that helps up unwind with this series. Hopefully in season two Eve gets that assassin and keeps her man.

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### **The Bodyguard- Haig Club by David Beckham**

Some of you will remember Richard Madden from Game of Thrones. In this show he plays, Sergeant David Budd, working as a specialist protection officer for the police department. He gets assigned to protect the Home Secretary, Julia Montague. When you get a good looking bodyguard protects a sexy cougar something is going in the romance department. Between his PTSD, failed marriage, sleeping with his boss, and bullets, David needs a drink every now and then.

Scotch is the way go to when sipping during this show. It seems fitting to drink, Haig Club, by David Beckham. It's like having two good looking Davids at the same time.

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### **Ray Donovan- Bob Dylan's Heaven's Door Tennessee Bourbon**

Liev Schreiber headlines this show which is headed to its 7th season. Ray Donovan is a Hollywood fixer who finds himself in

quite a few dangerous situations. He's like the Oliva Pope of Hollywood ( season six he hits NYC). Then there's his hot mess of an Irish Catholic family who is more trouble than his clients. However, Ray's scrappy wife, Abby, is the glue that holds the family together.

The Donovans are very much into whiskey. It just might be in every episode. Watching the show while sipping a Heaven's Door Tennessee Bourbon, will make feel just like a Donovan.

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### **Greenleaf- Night Ender by Aisha Tyler**

The family is lead by Lady Mae Greenleaf and Bishop James Greenleaf who have been married forever while running a successful church with their children. Their estranged daughter, Grace, comes back home and all hell breaks loose. This show may be focused on a family in the church, but they are as scandalous as they come. Cheating, stealing, incest, and so much more. Did I mention that Oprah shows up in a few episodes? There's so much drama, I guess you could say all the characters needs Jesus.

The Greenleafs are a lot like the Donovans, they love libations. There seems to be a consistent theme of red wine so Night Ender by Aisha Tyler/Nocking Point Wines is a great choice for a sip and binge.

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

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# Food Trends: Floral Flavors Are The Next Big Thing



By Lauren Burczyk

While we anxiously await springtime and some of those April showers that bring blooming flowers, we are in luck with one of the latest food trends. Floral flavors are trending to be the newest sensation for food lovers everywhere. This latest [food trend](#), inspired by edible flowers, create a sophisticated taste that is delicate and unique. Here's some [food advice](#) for you, this trend will be perfect for your spring garden parties!

**If you want to start preparing for your spring garden affair, then we have some great floral food trends for you. Check them out!**

**1. Earl Grey Rose Nectar:** This delicious pick-me-up drink contains earl grey tea, sweet rose essence, and is naturally sweetened with dates and lucuma powder. It's the perfect thing to serve at your next book club or brunch gathering!

**Related Link:** [Food Trend: Pot Pies Are Back](#)

**2. Raspberry Rose Cheesecake:** This decadent dessert has a creamy filling made from cashews with layers of raspberry tart and rose water. Add some flair to a typical cheesecake to spice things up a little! Serve at your next party.

**Related Link:** [Food Trends: Acai Bowls](#)

**3. Lavender Coconut Ice Cream:** This floral-inspired ice cream is sure to satisfy any sweet tooth! It can be made with either coconut milk beverage or canned coconut milk. For a creamier version, opt for the full-fat canned coconut milk. You'll need an ice cream maker for this endeavor!

**Have any other floral food ideas that would be perfect for a garden party? Let us know! Comment below.**

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**Love & Libations: Holiday**



# Cocktailing Like A Celebrity



By [Yolanda Shoshana](#)

Tis' the season for cocktailing like the rich and famous. It's no secret that celebrities love a good party, but then again who doesn't? As you entertain or spend quality time at home this season channel your inner celeb with one of the following drinks.

While she may no longer be with us, Elizabeth Taylor is an icon. It's not a secret that Taylor loved herself a drink. Some of her heavy drinking came due to her rocky yet passionate relationship with Richard Burton. In the Golden Age of Hollywood, drinking was a recreational sport to many. Taylor's favorite cocktail was the "Black Russian", she added the Hershey's syrup for her own special touch. This libation would be great with holidays cookies, watching classic

Christmas movies and wearing matching pajamas with your partner.

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

Taylored Black Russian

1 oz vodka

1 oz Kahlua

1 oz Hershey's chocolate syrup

Heat the chocolate syrup until it gets warm (make sure not to burn it). Add the ingredients to a mixing glass or shaker and stir until well combined. Fill the glass with ice and stir until chilled. Strain into a rocks glass over fresh ice.

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

For years I'd heard about a cocktail called the "Pornstar Martini". It's a popular drink in places such as London, though most bartenders around the globe know how to make one. I had the pleasure of meeting the inventor of the cocktail, Douglas Ankrah, at an event in NYC. Since I know the drink is popular in the hottest bars in London, I asked him what famous people had been spotted sipping his cocktail. Let's just say that the Duchess of Cambridge (who we all know as Kate Middleton) use to enjoy this martini when out with her friends.

This drink is obviously a good choice for a party because it would get the guests talking. It's Also the perfect libation to serve when you are snuggling in with your boo. It's a little naughty yet nice. Suggestive cocktails have a way of making couples creative. Besides that, it's a good drink of Netflix and chill.

## Pornstar Martini

2 oz. vanilla vodka

1 oz passion fruit puree

$\frac{1}{2}$  oz vanilla syrup

$\frac{1}{2}$  oz lime juice

Side shot of Champagne ( or go with Crémant)

Combine vodka, passion fruit, vanilla syrup and lime juice in a shaker filled with ice. Shake it up then strain into a coup. Serve with a shot of Champagne or Crémant.

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

In the past few years, Oprah has been showing us her fun side. Lady O mentioned that she makes a mean margarita, but her favorite drink is a Pomegranate Rosé Martini. When you are living a luxurious life like Oprah, the sparkling wine for this libation has to be champagne, of course. Can't you totally see Oprah and Gayle kicking back with a few of these over the holidays in one of her stunning homes. This cocktail is great for catching up with your girl squad.

## Pomegranate Rosé Martini

2 oz vodka

3 oz. fresh pomegranate juice

$\frac{1}{2}$  tsp fresh lemon juice

2 oz rosé Champagne

Fill the shaker with ice, vodka, pomegranate juice, and lemon juice. Strain into a martini glass and top off with the sparkling rosé. Garnish with dried star anise.

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

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# Popular Restaurants: NYC Vegan Restaurants That Will Satisfy Both Vegans and Non-Vegans



By [Jessica Gomez](#)

Veganism is growing rapidly! We can tell by the number of restaurants popping up in populated cities – New York City

being one of them. There are many delicious New York restaurants that both vegan and non-vegans alike enjoy. In New York City, there is so much variety and that serves true for the vegan restaurants. Want to know which yummy places to dine at pronto?

## **Here are five popular restaurants that are sure to satisfy your cravings (in no particular order), along with some other places with tasty vegan eats:**

The restaurants listed here all happen to be located in Brooklyn and Manhattan – not a bad commute for many!

1. [Champs Diner](#): Oh, how we love Champs. This is a great diner located in Williamsburg, Brooklyn and is open Monday through Sunday 9am to 12am – Yeah, you heard (read) right! Craving milkshakes, burgers, and sandwiches? Craving pancakes, waffles, and tofu scrambled? Then add this place to your list. The mac n cheese and mozzarella sticks are also lovely and cheesy, without the cruelty and guilt! This laid back, hipster joint is sure to please.

2. [VSPOT](#): Want some vegan Latin flavor? We know we do! VSPOT has two locations: one in St Marks, Manhattan and one in Park Slope, Brooklyn. They have slightly different menus, so check 'em out before choosing the location you desire. They have empanadas, quesadillas, tacos, burritos, burgers, sandwiches, rice and beans – you mention it! We're drooling just thinking of all these options. Want to know what else is cool? The St Marks location has free stand up comedy shows once a week in the evening, check out their social media for more info.

**Related Link:** [Food Trend: How To Utilize Farmers' Markets Near](#)



[You](#)

3. **[Red Bamboo:](#)** Comfort food? Yes, please! Located in Manhattan off the West 4th train stop, Red Bamboo is a little, underground (literally) gem that you need to try! Phone reception there isn't good, so bring good company, whether it be a person or a book. Now, on to the food... they have a diverse and extensive menu, so be sure to check it out. Order the popcorn chicken and shrimp, and try their delicious sandwiches (we love the chicken cutlet sandwich!). And now just like that, we're all hungry.

4. **[By Chloe:](#)** There are multiple locations all across Manhattan, so take your pick. Salads, pasta, burgers, sandwiches, sweets, and Brunch! Take your pick again, this place has tons of options for everyone. It can be hard to get a seat at times for certain locations, so be ready to grab and go.

**Related Link:** [Celebrity Diets: 5 Celebrity-Approved Diets to Achieve Your Summer Body](#)

5. **[Rip's Malt Shop:](#)** This Brooklyn luncheonette brings you with love American-classic vegan, comfort food! Need delicious protein? This place has 'em. Full of plant-based protein, this joint brings you burgers, hot dogs, sandwiches, and ice cream! We hear your stomach growling! There's nothing simple about the food here. Just checking out the photos on their site will make you crave these delicious meals.

Other honorable mentions are the following (in no particular order): [The Cinnamon Snail](#), [Blossom Du Jour](#), [Beyond Sushi](#), [Terri](#) , [Vegetarian Palate](#), [Loving Hut](#), and [Dao Palate](#). Stop by these places and grab a bite, you won't regret tasting all the deliciousness vegan food provides!

**Which place are you dying to try? Comment below!**

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# Food Trend: Pot Pies Are Back



By [Ivana Jarmon](#)

Pot pies are the latest [food trend](#) to make a comeback, and they're better than ever! Pot pies are known for the simple homey feeling they invoke and are usually made in the winter. They include a variety of savory ingredients such as chicken, vegetables, pork belly, and sea bass. Pot pies are everywhere, whether it's at dinner parties or restaurants. This winter we have some [food advice](#) on how to make a classic chicken pot pie. ( This recipe belongs to Betty Crocker.)

# Check out Betty Crocker's recipe detailing how to make your own classic chicken pot pie!

**1. Ingredients:** For your crust: 2 cups gold Medal™ all-purpose flour. The 1 teaspoon of salt,  $\frac{2}{3}$  of a cup plus 2 tablespoon shortening and 4 to 6 tablespoons of cold water. For your filling:  $\frac{1}{3}$  cup of butter/margarine,  $\frac{1}{3}$  cup chopped onion,  $\frac{1}{3}$  cup of all-purpose flour,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon pepper. Next, you will want to add  $1\frac{3}{4}$  cups of Progresso™ Chicken broth (from 32-oz carton),  $1\frac{1}{2}$  cup milk,  $2\frac{1}{2}$  cups of shredded cooked chicken or turkey and 2 cups frozen mixed vegetables, thawed.

**Related Link:** [Food Trend: How To Utilize Farmers Markets Near You](#)

**2. Let's cook:** Heat your oven to 425°F. Next, you're going to combine flour and salt in large bowl; then you will cut in shortening with pastry blender or fork until mixture resembles coarse crumb. Then you will mix in enough cold water with a fork until the flour is moistened. Lastly, you will divide dough in half. And shape each half into a ball; flattening it slightly. Then wrap 1 ball in plastic food wrap, and refrigerate.

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

**3. The next step:** Roll out the remaining ball of dough on a light floured surface into 11-inch circle. Next, fold it into quarters. Placing dough into ungreased 9-inch pie plate; unfold dough, you will need to press firmly against bottom and the sides. Trim crust to  $\frac{1}{2}$  inch from the edge of the pan, and set it aside.

**4. And the next step:** In a 2-quarter saucepan, melt butter

over medium heat. Add onion and cook for 2 minutes stirring it frequently, until its tender. Stir in flour, salt, and pepper until its well blended. Steadily add in your broth and milk while stirring, cooking and stirring until it bubbles and thickens. Add your chicken and vegetables and remember to keep stirring. Next, remove from heat. Spoon into crust-lined pie plate.

**5. Second to last:** Go to your refrigerator and grab the dough you rolled earlier and roll it out on a lightly floured surface into 11-inch circle. Then softly fold the dough into quarters. Placing dough over the filling, then unfold it. Be sure to trim, seal and crimp or flute edges.

**6. Bon Appétit:** Bake for 30 to 40 minutes or until your crust is a golden brown. Then during the last 15 to 20 minutes of baking, cover the edge of crust with strips of foil to prevent excessive browning. Take it out of the oven and let it stand for 5 minutes and then eat up!

**Have any more tips on how to make a perfect chicken pot pie? Share your thoughts below.**

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## **Love & Libations: Celebrity Wines For Turkey Day**





By [Yolanda Shoshana](#)

I'm sure you noticed that the day after Halloween the Christmas stuff was out front and center. Let's not forget about poor forgotten Thanksgiving. After all, it's a day to remember to be grateful for family and friends. Who doesn't love stuffing themselves with good food and libations on this holiday? While there are many wines to pair with your turkey day meal, here are some celebrity selections that are delicious and will make you feel fancy.

## Different Celebrity Wines

### 1) Moët Chandon Champagne Brut

It's the first Champagne to even bother to work with celebrities. The first ambassador was Scarlett Johansson. No one knows why their relationship didn't last, but the bubbles moved on to tennis great, Roger Federer, to continue with its sexy sipping.

You may not realize this, but sparkling wine is perfect to pair with a Thanksgiving meal since bubbles go with anything



and everything. Most people wait for a special occasion to break out the Champagne. What could be better than a meal with friends and family on a day full of gratitude? The wine would go great with turkey, but it's perfect for your guest who simply likes to indulge in the side dishes.

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

## **2) 2015 Napa Valley Three by Wade Red Blend/Wade Cellars**

NBA player, Dwayne Wade has a lot to be grateful for this Thanksgiving. He and his wife/actress, Gabrielle Union, has just welcomed a baby girl. Wade has even taken time off from games to welcome his daughter.

As some of you may know, Wade is part of the secret NBA wine club. He enjoys wine so much that he started his own luxury wine label called Wade Cellars. The Napa Valley Three has some of the best red grapes swirled together such as Malbec, Merlot, Syrah, and Zinfandel. The black fruit and floral notes would be perfect for celebrating the day with those you love.

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

## **3) Lve Chardonnay/ Lve Collection by John Legend**

John Legend has been in the wine game for a few years now. He teamed with wine personality, Charles to create a wine that is elegant and sophisticated. Long story short, his wine is as smooth as his music. I would love to know what he and Chrissy Teigen pair his wines. Will she cook this Thanksgiving or have it catered now that she has two little ones? Whatever they do, I assume wine will be in hand.

This California produced wine would be a delight with your turkey and for those who are vegetarians at your table. It's full and rich with notes of butter and toasted almonds. It's the perfect pairing and works well with a good playlist

featuring some of John's music.

**Related Link:** [Love & Libations: Palate Pleasing Pairings & Celebrity Couple Inspiration for Thanksgiving Day](#)

#### 4) Miraval Rosé/ Chateau Miraval Cotes de Provence

While the love may be over between Brad Pitt and Angelina Jolie their wine remains something to fall in love with. When they released the *rosé* it sold out in minutes. When the couple announced their split, wine lover around the world panicked because no one knew would become of their beloved *rosé*.

The wine lives on until further notice. If you are a fan of a good French *rosé*, this one is for you. A glass of Miraval would be great as an aperitif when your guests arrive or as a kick off to a more intimate dinner.

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

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## 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.

**Related Link:** [Food Trend: Fermented Products](#)

**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!**

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## 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.

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



## 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.

**Related Link:** [Love & Libations: Sparkling Wine For Holiday 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 chassiss 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. Kruger had a hard life which made him salty enough to become a killer.

If ever there was a cocktail that screams Freddy Kruger 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](#).

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## **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.**

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## **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.

**Related Link:** [Food Trend: Fermented Products](#)

**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!**

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## 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.

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

**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!**

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## Love & Libations: Autumn + Red Wine = Love





By [Yolanda Shoshana](#)

## Red Wines For Upcoming Autumn

**Gifft 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.

**Related Links:** [Love & Libations: Celebs Create In The Name Of Love](#)

### **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.

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

### **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.

**Related Links:** [Love & Libations: Autumn Date Night Ideas Inspired by Celebrity Red Wines](#)

### **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](#).*