

Food Trend: Fun Halloween-Inspired Desserts



By [Hope Ankney](#)

There's a lot that goes into planning for Halloween. There are the costumes, the pumpkin patches, the hayrides, the movies that won't scar anyone too badly, and, of course, the [food](#). Having tasty snacks to eat are a staple for any good Halloween-themed get-together. They're not only a fun decoration, but they can taste terrifyingly good. So, why not put on your apron, get in the kitchen, and start brainstorming what spooky [food trends](#) will have your guests begging for the recipes by the end of the night?

Food Trend: With Halloween just around the corner, what are some of

the best Halloween-inspired desserts you can bring to your party this year?

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

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

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

on them, and cover them in sprinkles. How fun!

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

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

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

5. Marshmallow Mummy Pops: This is probably the easiest dessert on the list. Coming from [Sprinklesofbreakfast.com](#), all you have to do to make this cute treat is to purchase some jumbo marshmallows, lollipop sticks, white chocolate melts, candy eyes, and some white frosting to pipe at the end. Attach your marshmallow to your stick, dip it in the melted white chocolate, place the candy eyes, sit it in the fridge for 10-15 minutes, and then take your white frosting and pipe it over top of the marshmallow in big ribbons that resemble a mummy!

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

Food Trend: Oat Milk



By [Katie Sotack](#)

Drink your morning oats with a new twist with non-dairy oat milk. The pressure for mainstream coffee shops and supermarkets to add vegan-friendly alternatives, like almond milk and Beyond Beef, has soared in recent years. After oat milks, like Oatly, were introduced into coffee shops, people were ready to make the switch in their own homes. With its [healthy](#) reputation and the fact that it has one-third the amount of calories as half n' half, there are plenty of reasons to be stirring it into your coffee.

Non-dairy milk alternatives are the [food trend](#) of the future. With

abundant options of non-diary milks to choose from, what are the perks of oat milk?

Oats are a staple in health communities. Whether fitness bloggers are taking them in through traditional methods, trying overnight oats, or drinking their daily fill, oats are undeniably popular. Here are the reasons to give oat milk a spot on your shelf:

1. Cruelty-free: A huge turn-on for oat milk is that animals were not a factor in its existence. The lifespan of a milk-producing cow is low. Cows are artificially inseminated to keep milk pumping and milked throughout the last seven months of their pregnancy up until a year after the calf's birth, according to *nutritionfacts.org*. That is enough to make most animal lovers' stomachs turn. So, they opt for oat milk.

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

2. Puss-free: Aside from the cruelty concerns, there's been growing research into cow milk containing puss. Generally, a healthy cow will not produce puss, but should they need antiseptics you may wind up drinking more of than you bargained for.

3. Lactose-free: For those whose gastrointestinal systems are not a fan of the lactose in milk, oat milk is a God send. Milks like Oatly are lactose and hormone-free, thus limiting the milk's negative effects on sensitive bodies.

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4. They're moving: While they're currently a trending ingredient for coffee add-ins, oats are looking to expand. Soon you'll find oats in alternative-yogurts and 'nice

creams'. The dairy-free community is also praying that 2019 or 2020 becomes the year Starbucks adds oat milk to its shelves.

Would you be interested into trying oat milk? Share in the comments below!

Food Trend: What's With the Keto Diet?



By [Ashley](#)

[Johnson](#)

The ketogenic (keto for short) diet has found its way into popularity this past year. The diet consists of a very low-carb, high-fat diet. It has been known to help with preventing seizures for epileptics and to help with a person's overall quality of life, but it has also been known to be abused or taken to extremes, which of course, only leads to the exact

opposite. While this growing [food trend](#) has its pros and cons, Cupid is here to give you [food advice](#) on how to still include the most delicious and nutritious foods into your diet without feeling like you need to cut out all of your favorite foods forever.

Find out which delicious foods you can still indulge in with the keto food trend!

1. Unsweetened coffee/tea: That's right; you can still start your day off with a piping cup of coffee! Coffee and tea are absolutely carb-free and have actually been known to reduce the risk of diabetes. Watch out for all the sugars and heavy creamers, and you are ready to start your day off right!

Related Link: [Food Trend: Peganism](#)

2. Coconut oil: This essential oil might just be the eighth wonder of the world. Seriously, is there anything coconut oil can't do? Its unique properties, such as containing medium-chain triglycerides (MCT), are easy for your body to convert into ketones, which means you'll be more energized. And, if you get sick of eating it, no worries! You can also use it on your skin as a moisturizer. Its medium-chain fatty acids can help keep your skin the smoothest it's ever been.

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3. Avocado: There is a reason why the avocado craze will never calm down – the fruit is unbelievably healthy. Yes, you can 100 percent still have your daily intake of avocado on the keto diet; just beware of how you prepare it. Instead of having avocado with toast in the morning, try having it whole or in a smoothie, in which you can also add coconut milk,

cacao butter, and chocolate collagen protein.

4. Meats and seafood: Meat and seafood are essential proteins for any diet, including keto. Chicken, turkey, beef, and other dark meat are great, because they contain vitamin B and other essential minerals like potassium and zinc. Of course, quality protein has also been linked to the preservation of muscle mass.

5. Cheese: We know it's hard not to put cheese on just about anything you eat. Well, you don't have to worry about cheese in your keto diet because it's more nutritious than you might think. The dairy product is low in carbs and high in saturated fat. Lastly, it contains conjugated linoleic acid, which has been known to help weight loss and improve body composition.

While the keto diet is the current craze, it is important to know the most balanced foods you can have while on any diet, and what foods you should be avoiding. What are some of your favorite ketogenic foods? Let us know in the comments below!

Food Tips: Jack Fruit & Other Ocean Inspired Flavors





By [Katie Sotack](#)

Summer may be over, but your ocean journey has just begun. Pacific [foods](#) are trending in 2019, meaning that the sand in your shorts has faded but the salt on your tongue lives on. Fruits like Jackfruit, a tropical Indian food reminiscent of the fig family, will be popularized in organic supermarkets such as Whole Foods. According to *TasteofHome.com* the juicy jackfruit isn't the only tropical flavor we can look forward to in our [food tips](#).

With ocean-inspired foods on the rise, how can we bring pacific food tips for a tropical summer palate to our cozy fall dinners?

When eaten, oceanic foods taste like an impossibly hot day ending in a juicy bite of fruit. Or a homey barbecue while the pool water dries off your tanned skin. The flavors are a journey to a tropical paradise where relaxation meets comfort eating. With all this sensual indulgence from these foods, you might wonder how it can meet with the hearty meals of fall. Here is [food advice](#) for this [food trend](#).

1. Embrace the meats: Given you're a meat-eater, this is a quick way to satisfy the fall craving for hearty goodness with ocean-centric flavors. Filipino pork sausage, a popular pacific food, would be a perfect substitute for traditionally western meats like beef in a recipe. Switching out your regular meats to an ocean nation's foods will add a twist to any plate.

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

2. Seafood: There's nothing yummier than oven-baked salmon. With a splash of sea salt and a butter-based sauce, sea meats are a wonderful transition meal from summer to fall. Popular on pacific islands for its accessibility, seafood is filling, healthy, and spot on-trend. To fulfill the hearty fall hopes you may have for this dish, pair with a starchy carb like potatoes.

3. Don't forget the veggies: This food trend is not an excuse to ignore your fiber-filled friends on the plate. After you've got the base of your meal with oceanic meat, fill up on dark greens suggestive of the ocean. Kale, which became a popular fad in American about a decade ago, is the perfect add on that's also easy to find in your local market. If you're willing to do some hunting, get your hands on wild plants native to pacific regions. Try out a fiddlehead fern or cow parsnip.

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

4. Dessert: Last but certainly not least is the pacific desserts we've all been waiting for. Do not fill up on heavy cakes and pies. Rather take a tip from our ocean-living friends, and end your meal with small berries and tropical fruits. Certain summertime fruits like plums, strawberries, and watermelon may be more difficult to find out of season. However, put a fall spin on your after-dinner layout with

blueberries, cranberries, and pomegranate, which are easier to find in the fall.

How will you incorporate ocean foods into your fall recipes? Share in the comments below!

Food Trend: Millennial Flavors to Watch



By Megan

McIntosh

These days, most people are all about trying that next best food trend so that they can share it on Instagram or post their discovery on YouTube. Millennials are especially unafraid to try new flavor combinations that may make the average diner hesitant.

Millennials are all about adventure and trying new things, so it's no surprise that this [food trend](#) is all about millennial flavors to try out!

Millennials tend to be all about bold, big flavors, so this list of flavors to watch should come as no surprise:

1. Sweet and savory: Millennials love a more complex palette, and this is illustrated in their need to try unusual flavor combinations. Some popular ones include: Bacon and chocolate, Proscuitto-wrapped melon, and the doughnut burger.

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2. Spicy: There's been an emergence of the need for spicy food, and the spicier, the better. There's challenges on YouTube of young people trying to eat spicy Korean ramen as they battle sweaty brows and burning tongues. The ghost pepper is also a fun one to incorporate into your meal.

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3. Ethnic: Millennials love to expand their knowledge of different cultures and travel the world. Sometimes money makes it difficult to see every place, but trying the foods from around the world gives millennials a chance to try a variety of foods from the comfort of their city. Thai, Indian. Filipino, Japanese, French, there's no food that's untouchable.

What do you think are some flavors to watch out for? Share below!

Food Trend: Top 5 Reasons You Should Eat Imperfect Food



By [Mara Miller](#)

We've got some fun [food advice](#) for you! Everyone does it—you see a banana turn brown, so you either throw it into the freezer for a smoothie at a later date or it goes straight into the trash because it's no longer perfect. As a society, we have trained ourselves to only look for flawless produce because we perceive it as healthier to consume rather than an apple that is misshapen or two carrots that grew together. For that reason alone, 40% of food grown in the US goes uneaten. A recent [food trend](#) is now encouraging people to eat more imperfect food.

The latest food trend sheds light on a new perspective surrounding imperfect food. Here are five ways avoiding oddly-shaped food can be a bad thing:

1. It's harder on farmers: Have you ever grown your own garden? Not every tomato will come out perfect, but would you waste it? Some might have a tiny bit of scarring or may have grown funny. Farmers lose money when there isn't a market for their imperfect produce, which most often rots before it can reach you, the consumer.

Related Link: [Food Trend: 5 Best Mocktail Recipes2019](#)

2. It's bad for the budget: Have you ever bought green tomatoes for your fried green tomato recipe, but then got upset because it's starting to turn red? Or got upset because your lettuce has wilted? Pause next time before you throw out a fruit or vegetable because it no longer looks perfect. Romaine lettuce, in particular, can be broken from the heart and placed in a cup of water for a few minutes before you put it on a sandwich to help it become firmer. Put your new red tomato on the sandwich too and try to let go of the impression that everything *has* to be perfect for you to eat it.

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3. Hungry people: According to research, 30 million Americans go hungry each year. Imagine how many people you could help if you donated imperfect food you don't want to a food bank or a soup kitchen in your area? This way, if you can't bring yourself to eat the scarred fruit or misshapen vegetables, at least donating it will ensure that a struggling family gets to have something nutritious and healthy.

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4. It hurts the environment: When perfectly good food ends up being wasted because it doesn't meet certain criteria, you have therefore wasted the resources like water, fertilizer, and cropland. These resources used to grow the food that could have otherwise gone to the farmer's land for something else. Think about this next time you look for the perfect green pepper or onion!

5. It's contributing to global warming: Food that ends up in a landfill because it is uneaten adds methane to the air, a greenhouse gas that is 23 times more potent than CO₂. If you are environmentally conscious and this alarms you, think about how much the effects of rotting food could be reduced if everyone would start eating imperfect food. There would be less waste, fewer people would go hungry, and it would help our agricultural community.

Are there any other reasons you might want to try eating imperfect food? Do you think you might change the way you shop for produce? Let us know in the comments below!

Product Review: Cinco De Mayo with Prepara Taco Accessories!





By [Gillian Lee](#)

Cinco de Mayo is just around the corner, and you need all the accessories to celebrate! Prepara has all the stylish and festive accessories for your upcoming gathering. With trendy, spoons, trays and taco holders, your guests are bound to keep coming back for more!

Try Prepara for your next party!



[Multi Taco Holder](#), \$6.99

This beautiful taco holder comes in various colors and is great for supporting up to three tacos. The taco holder is made of durable ceramic and works well with hard or soft tacos. This can be used at the dinner table to serve as many tacos to your guests as you would like.



[Taco Spoons – Set of 2](#), \$4.99

This unique spoons will let you pack your taco perfectly to get all the ingredients in there! The spoon perfectly fits in between the shells so there's no mess. These spoons make a great gift, and is a necessary kitchen accessory!



3 Section Tray, \$24.99

Have all of your guests at the Cinco de Mayo party serve themselves on this beautiful platter! This platter is a three section tray that can hold all of the taco ingredients. It works hand-in-hand with the taco spoons to serve your taco. Also, the beautiful designs are an eye-catcher



[Taco Savor](#), \$26.99

Forget trying to constantly warm up tortillas! Now, you can keep up to 24 flour or corn tortillas warm at the same time. This Taco Savor, comes in a beautiful red and is great for any large gathering. Guests can conveniently grab their warm tortillas without having to worry about heating it up.

Love & Libations: Celebrity Pink Sips For The Summer



By [Yolanda Shoshana](#)

Rosé is the ultimate sip and chill with your partner or get together with friends kind of wine. While it's perfect for any time of year, spring and summer, seem to be the time that people fixate on rosé. That means rosé will be popping up at your local wine store any minute. Which one should you try? Decisions. Decisions.

Sip and Chill With Your Partner

Here are four bottles to help you think pink:

Jon Bon Jovi- Diving Into Hampton Water

When Bon Jovi said he was getting into the wine game, many of us gave a side-eye. Did we really need another rock star with a wine? Turns out the joke was many wine lovers, rosé including me. Bon Jovi worked with this son, Jesse Bongiovi, to put the spirit of the Hamptons into a bottle. The crooner has a home in the Hamptons. That's rather common for New York based celebrities. He enjoys which is what he has deemed "pink juice" until his son came up with the clever term "Hampton water?"

The three grapes for the wine are hand-picked in the South of France. It's produced in Provence to be exact which is where rosé has been perfected. It was named best rosé of 2018 by Wine Enthusiast Magazine.

It's the perfect pink juice to sip while chilling at the pool with your boo. Cheers to a sensuous lazy day with your partner. Live it up while you're alive.

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Sarah Jessica Parker- Invivo Rosé

Finally, Sarah Jessica Parker is giving women more of what they want and it's in a bottle. Parker is tending up with a winery from New Zealand to produce a line of wines that will come out this summer. Now you know rosé is in the mix. It will probably be a big hit considering women will want to see what the Sex and the City diva is conjuring up.

According to Parker, she has always loved entertaining family/friends over a good bottle of wine and food. I guess this is her "inner Martha Stewart" coming out. New Zealand is an interesting choice for her when it comes to wine however the rosé will come from Provence.

It has all the makings of a rosé the have when you gather with your girls and talk about intimate details with your Mr. Big.

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

John Legend- LVE Côtes de Provence Rosé

Sultry singer, John Legend, has added a fourth wine to his already stellar wine line up. Now you can rosé all day with his LVE Rosé. Legend teamed up with winemaker/dandy Charles Boisset once again to produce the wine. The duo brings the perfect combination to make LVE the ultimate lifestyle wines. The goal is to bring a wine that is connected to luxury, yet still affordable.

The pale pink wine is crisp on the tongue with notes of berries and peach blossoms. This wine would go great with Chrissy Teigen's Pan Seared Fish in her latest cookbook. It's safe to call this a romantic dinner at home kind of wine.

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Christie Brinkley- Bellissima Rosé

If you want a wine that has a healthy and green lifestyle then Christie Brinkley's bubbly rosé is where it's at. She has been a vegetarian/flexible vegan since she was 12 years old. This is why what goes into her wine is so important to her,

The wine is made from 100% organic Pinot Noir grapes with hints of strawberries and grapefruit. The Prosecco is vegan and low sugar so it's perfect for someone watching their sugar intake.

The perfect wine to pair when your partner is making food on the grill. Light up those candles and make it a cozy night. Netflix and chill await

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.

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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!

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.

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

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!

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.

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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!

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.

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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.

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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!

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 its flaky crust, tasty chicken, and hearty vegetables.

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

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.

Related Link: [5 Food Trends to Watch for in 2019](#)

[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!

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.

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

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.

Related Link: [Food Trends: Floral Flavors Are The Next Big Thing](#)

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!

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.

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

[You](#)

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.

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.

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, 2/3 of a cup plus 2 tablespoon shortening and 4 to 6 tablespoons of cold water. For your filling: 1/3 cup of butter/margarine, 1/3 cup chopped onion, 1/3 cup of all-purpose flour, 1/2 teaspoon salt, 1/4 teaspoon pepper. Next, you will want to add 1 3/4 cups of Progresso™ Chicken broth (from 32-oz carton), 1.2 cup milk, 2 1/2 cups of shredded cooked chicken or turkey and 2 cups frozen mixed vegetables, thawed.

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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.

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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.

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!

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.

Related Link: [Food Trend: 3 Reasons Why Low Carb is an Effective Diet](#)

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.

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

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!

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.

Related Link: [5 Celebrity Chef Brunch Recipes to Try This Weekend](#)

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!

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.

Related Link: [Food Trend: 3 Reasons Why Low Carb is an Effective Diet](#)

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!

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.

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!

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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!**