

Celebrity Interview: Entrepreneur Lara Merriken Talks Building Her Brand & Healthy Eating



Interview by [Lori Bizzoco](#). Written by [Ashley Johnson](#).

Lara Merriken and her all natural energy bar, LÄRABAR, have been making an impact in the health food and fitness community for the past 16 years. The kosher bars are an affordable healthy treat and loved among students as well. All 30 of its flavors are made from whole food and contain no more than nine ingredients. This deliciously wholesome snack only continues to expand and can be found on grocery shelves all over the

country today, including Wegmans, Whole Foods, and Walmart.

Celebrity Chef Interview: Lara Merriken Talks Healthy Eating & Date Night Options

In a recent [celebrity interview](#) with *CupidsPulse.com*, Merriken gives [food advice](#) and talks about how healthy eating improves mental and physical [health](#). Of course, she also reveals how she came up with the idea for her self-titled brand.

Related Link: [Celebrity Chef Interview: Chef Byron Talbott Talks Lunch Food & Date Night Desserts](#)

In addition to being the LÄRABAR creator, Merriken is also a mother, culinary lover, and adventurous traveler. It was on a hiking trip in the Colorado Mountains where the ingenious idea for this healthy snack first crossed her mind. She was eating trail mix and thought, “Why hasn’t someone made a bar that tastes indulgent and delicious, but is made of real food, fruits, nuts, and spices?” For the next 3 years, she leaned on her friends for support in making her brand. Her friends were her first taste-testers and the first people who wanted to buy her product.

The LÄRABAR_ launched in 2003. Although it was never the plan to name the bar after herself, she decided to do so at the last minuter after much encouragement from her friends.

Merriken made the bars gluten free and used minimal, pure ingredients. They contain no added sugar. The sweetness strictly comes from the fruits that are in them. The LÄRABAR is meant to energize you in the most natural way possible. “When you eat food that tastes good, feels good, and sustains you, it just makes life better all the way around,” she says.

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

As a mother of a 10-year-old son, Merriken is concerned with making sure that there are healthy snack options available for children. “When you’re a parent you really want your children to eat the best they can,” says the entrepreneur. That’s why LÄRABAR is available in over 30 different flavors so that there is something for everyone. Flavors include apple pie, lemon bar, and peanut butter chocolate chip to name a few. Additionally, Merriken has a line specifically tailored toward children called LÄRABAR Kids, along with a new product for everyone to try, LÄRABAR Protein.

As a culinary lover, we asked Merriken about cooking the perfect dish for [date night](#) at home. One of her favorite meals at the moment is paella, but she says that she constantly likes to try new cuisines with her family. She keeps it fresh and experiments with different salads and foods she knows everyone is going to like. “It’s important to connect with the people in your family about what their preferences are and then try to make meals around that,” she explains.

In terms of what’s next for this growing entrepreneur, she is working on the promotion for the brand new protein bar and is always working on new ideas for her million dollar-brand.

Keep up with Lara on Twitter [@LaraMerriken](#) and [Instagram](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Food Trend: Oat Milk



By [Katie Sotack](#)

Drink your morning oats with a new twist with non-diary 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-diary 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.

Related Link: [Restaurant Review: Take In Soft Jazz & Creole Eats at Arnaud's](#)

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.

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

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: Natural Sugar

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No matter what kind of food or drink you buy, there is an extremely likely chance that it contains a decent amount of sugar. While sugar is known to be bad for you, some people can't stop having their daily morning coffee because of the sugar that's in it! Many [famous cooks](#) or [TV chefs](#) like Rachael Ray have added natural sugar replacements into their food or drinks, making their meals healthier bit by bit. By replacing the sugar in your drinks or meals with healthy, more natural sugar replacements, you can continue on your daily grind without having to worry about the effects the sugar can have on your body.

Replacing the sugar in your drinks or meals is a great food tip to improve your lifestyle! What are some great natural sugar replacements?

There is nothing good about adding *unneeded* sugar to our diet at all, especially the ultra-refined white sugar you find in every grocery store the baking aisle. Our bodies break carbohydrates, like bread or the sugar you find in an apple, down into sugar for energy that is necessary for your body to survive. Natural sugars are packed with vitamins, minerals, and other nutrients that help us stay healthy. But do we really need to add three teaspoons of sugar to our coffee? Here are some of Cupid's favorite sugar alternatives to include in your diet for when you must absolutely have extra sweetener:

1. Xylitol: Xylitol is a "sugar alcohol" typically extracted from corn, and found in many fruits and vegetables. Having 40% fewer calories than sugar, xylitol does not raise blood sugar or insulin levels. Wondering how this can help you? Xylitol can provide many dental benefits, in addition to helping protect your body against diseases like osteoporosis.

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

2. Erythritol: Another "sugar alcohol," Erythritol is even healthier than Xylitol. Containing only 6% of the calories of regular sugar, it tastes exactly like regular sugar, making it an easy substitute. This way you can still have your morning coffee without having to deal with a change in taste.

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

3. Yacon Syrup: This sweet, dark syrup is extracted from the yacón plant, which is native to South America. With a consistency similar to molasses, Yacon syrup not only contains one-third of the calories regular sugar possesses but also acts as an appetite reducer. Adding Yacon syrup to your diet is a great way to help you reach your goal weight!

4. Stevia: Stevia is a natural sweetener with zero calories, and has numerous health benefits! From being proven to lower blood pressure, blood sugar, and insulin levels, Stevia is the perfect sugar substitute to help fight against diabetes. Try it in your next coffee, you never know how much your taste buds will appreciate it!

What are some other natural sugar alternatives? 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.

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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 America 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!

Restaurant Review: Indulge in French Cuisine at Marliave in Boston





By [Bonnie Griffin](#)

In this [restaurant review](#), Marliave in Boston has been serving great French cuisine since it was opened by Henry Marliave in 1885. The walls are lined with pictures from the restaurant's history, and the building maintains its old French feel. Marliave offers exquisite French cuisine with a touch of old-world charm.

Restaurant Review: Marliave offers delicious French Cuisine!



Marliave Shrimp Scampi. Photo: Instagram/@marliave

If you're looking for a great French cuisine meal just off the beaten path in Boston, MA, then Marliave is a great place to start. Marliave has been serving up amazing French cuisine since 1885. From its delicious raw bar to the tasty beef wellington, you cannot go wrong with the plentiful menu options for lunch and dinner.



Marliave Roasted Cauliflower. Photo: Instagram/@marliave

This [popular restaurant](#) has a great wine and beer menu, perfect for [date night](#) or a night out with your friends. They also host private parties for your special events in their beautiful, historically-preserved building. Need a pick me up? Try out their recently added espresso bar, and get your day started with a delicious Cafe Au Lait.



Marliave Cortado. Photo: Instagram/@marliave

Marliave is great for breakfast, lunch, and dinner. They can host parties whenever you have a special occasion to celebrate and are guaranteed to satisfy your taste-buds with their extensive menu and fine French cuisine. You can find more about Marliave and make reservations online at <https://www.marliave.com/>, or through social media on [Facebook](#) and [Twitter](#).

Restaurant Review: Take In Soft Jazz & Creole Eats at

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Restaurant Review: Arnaud's offers a supreme New Orleans dining experience!



Arnaud's signature dish, Shrimp Arnaud. Photo: Yelp.com

Looking for a romantic dinner date that is bound to impress. Arnaud's offers two main dining areas that are sure to meet your needs. Looking for beautiful elegance, then book your reservation in the main dining room. How about a little music to liven up the night? Reserve dinner in the Jazz Bistro room and enjoy your classic Creole dish with a little pizzazz with some live Dixieland Jazz.



Arnaud's Filet Mignon. Photo: Instagram/@arnaudsnola

This [popular restaurant](#) has a delicious Creole menu that is sure to keep you wanting to come back for more. They offer wonderful signature dishes like Shrimp Arnaud, Smoked Pompano, and Filet Mignon au Poivre. Everything is elegant from the rooms and decore, to the staff's attire and the guest dress code which recommends jackets for gentlemen in the Main Dining Room. You won't catch anyone wearing shorts and flip flops in this restaurant.



Arnaud's Fine Dining. Photo: Instagram/@arnaudsnola

Arnaud's is great for a sophisticated taste of the French Quarter located only steps away from Bourbon Street. Want an elegant night out? Reserve dinner in the Main Dining Room. Or, if you're looking to add a little spice to [date night](#), you can enjoy live Jazz music in the Jazz Bistro, all while eating some of the best Creole Cuisine that New Orleans has to offer. You can find more about Arnaud's and make reservations online at <https://www.arnaudsrestaurant.com/>, or through social media on [Facebook](#) and [Twitter](#).

Restaurant Review: Enjoy

Haute Creole Cuisine at Commander's Palace



By [Bonnie Griffin](#)

In this [restaurant review](#), Commander's Palace in New Orleans has been voted one of the best restaurants in the South by *Southern Living*. Commander's Palace is known for award-winning food and a lively atmosphere full of history, giving visitors an enjoyable glimpse into New Orleans history while enjoying Haute Creole cuisine.

Restaurant Review: Commander's

Palace is the go-to for Haute Creole cuisine!



Outside view of Commanders Palace in New Orleans. Photo: Facebook/@Andrew Schuld

It is no wonder that Commander's Palace has won seven James Beard Foundation Awards. The restaurant has had numerous renowned chefs working there, preparing delicious cuisine from Emeril Lagasse, to Tory McPhail.



Commander's Palace Turtle Soup. Photo: Yelp.com

Thanks to the owner's pride in the restaurant and these famous chefs, Commander's Palace is a world-class restaurant you'll be dying to try if you make a trip to New Orleans.



Commanders Palace Pecan Crusted Gulf Fish. Photo: Yelp.com

If you're looking for a great place to eat on [date night](#) and wanting to dress up for your partner, look no further than Commander's Palace. This [popular restaurant](#) has a strictly enforced dress code, and the restaurant is all about fine dining with elegant white tablecloths and crystal chandeliers. It will be sure to impress your date. You can enjoy one of the chef's innovative meals like pecan-crusted gulf fish, turtle soup, or gumbo du jour. Top it all off with a glass of wine from their award-winning wine list.



Commanders Palace Wine. Photo: Instagram/@commanderspalace

Commander's Palace is great for date night, or dinner anytime. Although many patrons are from out of town the atmosphere is elegant and welcoming with an air of sophistication. You can enjoy award-winning food and wine while receiving top-notch service. You can find them on their website at

<https://www.commanderspalace.com/>, or through social media on [Facebook](#) and [Twitter](#).

Product Review: Chocolate Stuffed Marshmallows Are a Perfect Treat For Your Next Campfire!



By [Emily Green](#)

Summertime is the prime time to sit out and relax with friends

and family, having a bonfire, making one of the best snacks of summer: s'mores! Next time you want to break out the graham crackers and marshmallows, try Stuffed Puffs. Stuffed Puffs are marshmallows that give you the perfect s'more—by stuffing the chocolate INSIDE of the marshmallow, giving the s'more the most delicious flavor you will ever have!

Stuffed Puffs solve the problem everyone has while making s'mores—getting your chocolate hot enough to melt. Learn more about it on our product review.

While anyone can love a good s'more, many people hate making them—getting sticky from the marshmallow, trying to squish it enough to melt the chocolate waiting on the graham cracker. You can easily get the perfect gooey s'more by roasting a Stuffed Puff over the fire, the chocolate inside the marshmallow will melt to the perfect consistency.

Related Link: [Product Review: Harlow's Harvest](#)

The idea of Stuffed Puffs is very innovative and is a great way to put a new twist on a classic American favorite. While s'mores are a great start, Stuffed Puffs are working to combine more flavors to make their products year-round.

Related Link: [Product Review: Cinco De Mayo with Prepara Taco Accessories!](#)

Keep an eye out for these yummy treats—they will be available just in time for summer at your local Walmart (or you can order them on Walmart's [website](#)!). At a low price of \$3.98, Stuffed Puffs are sure to fly off the shelves, so make sure you grab them in time for your next bonfire!

Check out more of Cupid's product reviews [here](#).

Food Trend: Global Spices Are Heating Up



By [Emily Green](#)

Everyone needs to spice up their lives in one way or another, and what better way to do it then start playing with different spices in your food! In every aspect of society, we are constantly bringing bits of pieces of other cultures into our lives. [Popular restaurants](#) all around the world are adding these spices into their meals, and you can too!

Adding global spices to your dishes is quite the up and coming food trend. What are some of the best global spices to try in your meals?

Every country has unique spices that truly bring out the best in some signature dishes. By switching up some spices in your dishes, you can find a new flavor that your taste buds will absolutely love! Here are some of Cupid's favorite global spices to try in your meals:

1. Urfa Biber: Also called isot pepper, urfa biber is a chili pepper from Urfa, Turkey. This spice is commonly used in the Middle East and brings that slight kick to any meal. If you love a smoky and fruity taste to your meals, this is the spice for you.

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

2. Zhoog: While not an actual spice itself, this Middle Eastern cuisine will definitely bring the spice to your taste buds. This condiment is made of every mouth-watering spice you can think of- jalapeno peppers, chili flakes, garlic, cardamom and much more. Even if you love spice, we recommend you take it slow with zhoog, especially if you don't want your mouth on fire.

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

3. Ground Sumac: If you love a tangy flavor, ground sumac is the spice for you. Sumac brings a lemony flavor to your meals, all the way from the Middle East that you won't ever regret trying.

4. Fennel: Fennel is a spice that brings a warm, flavorful taste you won't forget. Fennel is commonly used in Italian,

Indian and Middle Eastern cooking, and leaves every meal with a taste you will absolutely savor.

5. Harissa: A North African chili pepper powder, or paste that will leave your mouth on fire and wanting more! Many people use harissa by sprinkling it over their pasta, meat, anything, and give you that kick that will send your taste buds into overdrive.

What are some other global spices we should try? Let us know in the comments below!

Love & Libations: Tequila Cocktails To Sip Like a Celebrity





By [Yolanda Shoshana](#)

While everyone talks about Champagne being sexy, the seduction of tequila is starting to be known. It's been said that women who drink tequila make fabulous lovers. Being a tequila drinker, I won't confirm or deny these claims. You will have to do your own field research to see if it's true.

Tequila: a Seductive Spirit for Date Night

It makes sense that celebrities keep selecting tequila as a business they want to get into; the rich and famous always want to be a part of the hottest and sexiest thing. From [Justin Timberlake](#), to Dwayne "The Rock" Johnson, Toby Keith, Carlos Santana, and on and on, tequila is the hottest trend. It would be nice to see a few female celebrities come out with a tequila, as well. Imagine if Cardi B. got into the tequila game; it would be lit.

Related Link: [Love & Libations: The Love of Negroni](#)

If you want to sip tequila like a celebrity, be ready for National Tequila Day on July 24th. Below are suggestions for cocktails made with two hot brands to help you celebrate the day. Either rock it with your friends or just the one you love. Stay strong and get your tequila on.

At this point everybody knows that [George Clooney](#) and Rande Gerber are a part of Casamigos Tequila. They made so much money selling it, Clooney has boasted that he never has to work again. The main reason they got into tequila was so they could have one to drink while hanging out. Clooney is legendary for entertaining with food and drinks. I'm still waiting on my invite, it must be lost in the mail.

Related Link: [Love & Libations: Celebrity Reds to Turn You On](#)

Casamigos is the go-to tequila when you are having your friends and family over. Since Clooney married Amal, his tequila soirees are now filled with deep conversations of politics and economics. You don't have to aim for that, unless that's how you want to spend the night. Maybe just a night of tacos and tequila. Who wouldn't love that for their next [date night](#)?

Smoky Casa Margarita

Ingredients:

2 oz. Casamigos Tequila

1 oz. Fresh Lime Juice

.75 oz. Agave Nectar

2 Dashes Orange Bitters

Flamed Orange Peel

Instructions:

Combine all ingredients into tin shaker. Add ice. Shake well. Strain into rocks glass. Add fresh ice. Garnish with a flamed orange peel.

Two well-known crooners, [Adam Levine](#) and Sammy Hager, created a unique libation by mixing tequila and mezcal together for the world's first "mezquila," called Santo Puro Mezquila. The spirit came to life after Levine and Hager were drinking together in Cabo San Lucas, Mexico. They were probably a tad tipsy when they decided to mix tequila and mezcal, but they both liked the taste so much they decided to make mezquila a real thing. Leave it to one of the sexiest men alive to come up with a libation that features not one, but two sensuous spirits in a bottle. Santo is the drink that is perfect for a relaxing evening at home while listening to a playlist with a little Maroon 5.

Santo Revelation

Ingredients:

- 1.5 oz. Santo Mezquila
- 1 oz. Passion Fruit Nectar
- 2 ea. Thin Slices of Fresh Ginger Root
- 1 ea. Lime Wedge
- 2 oz. Ginger Beer
- 0.25 oz. Pomegranate Syrup
(sub: Premium Grenadine)

Instructions:

Muddle ginger root, lime wedge, and passion fruit purée in shaker glass. Add Santo and ice. Shake well and strain over fresh ice. Top with ginger beer and sink pomegranate syrup. Garnish with a ginger slice (optional).

Food Trend: Zero Waste Eating



By [Bonnie Griffin](#)

In recent [food trends](#), restaurants and bars are taking the age-old saying “less is more” to new heights with zero waste eating. Restaurants are using many different methods to ensure no food goes to waste, from composting to donating glass trash for recycling. Some [popular restaurants](#) are even passing the trend along to customers with no cutlery waste and reusable packaging. When enough food is thrown away each year to feed 870 million people, it is nice to see a food trend that helps eliminate unnecessary waste.

Zero Waste Eating is a new food trend that can help you cut down on food waste. Here are some ways to waste less food.

Restaurants and bars typically have a lot of waste from food that doesn't get served or eaten to paper and plastic cutlery and broken dishes. When people are starving while food is being thrown away by the gallons it is nice to see restaurants stepping up and working to eliminate waste. You don't have to be a restaurant or bar to practice zero waste eating. Cupid has some food tips on zero waste eating:

1. Only cook what will be eaten: It's unimaginable to imagine we would throw away perfectly good food when people around the world are starving, yet it happens often. Large portions lead to food waste that is unnecessary and this can easily be avoided. When preparing meals or ordering at a restaurant only order or make what you know you and your family will eat. If you do wind up with too much food, don't throw it out. Leftovers taste great a day after and can make for a great lunch for work. If you really don't want your leftovers, give it to someone else who will want it.

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2. Composting: Have too many leftovers, or you are tired of eating the same thing after night two and considering throwing away perfectly good food? Why not try composting? Composting helps you build up your soil so that it retains moisture and reduces the need for chemical fertilizers. It is great for that beautiful flower bed you've been wanting to plant to liven up your curb appeal or can be used to plant your very own garden where you can grow your own fresh vegetables.

Related Link: [Food Trend: 5 Ways Pickles Are Better Than Bread on Sandwiches](#)

3. Stop using disposable dishes and utensils: We all know using paper plates and plastic utensils are convenient. All you need to do after you're done eating is toss it in the trash. Have you thought of the impact doing this has on the environment? Bright white paper plates are composed of wood fibers which must be bleached and have chlorine compounds in them. Plastic doesn't rot, so it harms wildlife. Instead, use dishes that can be reused and washed to eliminate the waste you created when you eat. It only takes a few minutes to wash your dishes after you are done with your meal.

Related Link: [Love & Libations: Celebrity Pink Sips For The Summer](#)

4. Store food properly: How often do you throw away food that went bad because it wasn't stored properly or wasn't used in a timely manner? Cut down on food waste by storing food properly so it lasts longer, and only buy perishables that you know you will be used within a set amount of time. You can buy plastic storage bowls or plastic bags to store your food. Also, don't underestimate the power of your freezer, which will help keep certain foods longer (even bread) until you can get to them.

5. Shop with a plan: Start meal planning. This way, you'll know exactly what you need to buy after you make a shopping list for your next trip to the grocery store. As long as you can keep yourself from deviating from your list, you'll prevent yourself from buying food you don't need and won't need to worry about expiration dates. You'll also eliminate waste by throwing out food that has gone bad, so you'll save more money.

This zero waste food trend is one we can get behind. Tell us your ideas on cutting down on food-related waste below.

Food Trend: What's the Big Deal With Hot Sauce?



By [Bonnie Griffin](#)

In recent [food trends](#), people are adding something a little extra spice to their meals. According to *The Wall Street Journal*, "Spicy sauces are on fire." One of the number one recognized hot sauces, Tabasco sauce, has been around for 150 years. You can add a pop of flavor to any meal with these [food tips](#).

This food trend will spice up your favorite meals!

Hot sauce sales have spiked over the past five years as more people learn to love the way the added spice makes their food taste. There are a number of meals that can be enhanced with some added spice from salad to chicken, and almost anything in between. Cupid has some food tips for some meals that can benefit from a little bit of hot sauce:

1. Salad dressing: Is your salad beginning to grow stale with the same old salad dressings time and again? Want to add some extra flavor to that same old salad. Put a dash of hot sauce in your favorite dressing, and it will add that extra kick of seasoning you've been looking for.

Related Link: [Love & Libations: Celebrity Pink Sips For The Summer](#)

2. Chicken: You don't have to eat boring chicken breasts any longer. You can upgrade the flavor of your favorite white meat with a spicy marinade. Marinade your chicken in hot sauce, lime juice, garlic, and olive for a healthy way to add some kick to your chicken your tastebuds will love.

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

3. Soup: You can add a splash to your favorite canned soup, or whip up something tasty like buffalo chicken soup. Take your basic canned chicken noodle soup and add some hot sauce to make a flavorful soup with a bit of spice.

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

4. Kickin' eggs: If you think your eggs cannot get any better than choosing between scrambled or over easy, you're missing a tasty fix. Add a drop or two of hot sauce to your favorite egg

dish and let yourself be wowed by the hot new flavor.

5. Spice up your hamburgers: Like ketchup on your burgers? Try adding a few drops of hot sauce to the ketchup bottle. The mix of tangy tomato and spicy hot sauce will give your hamburger a whole new flavor that will have you going back for seconds.

What foods do you enjoy adding hot sauce in? Share some of your favorites below.

Food Trend: Managing Meal Complexity From Kitchen to Kit





By [Katie Sotack](#)

Knowing where to start with meal prepping is daunting. How much do you need? What are the right amounts of carbs or fats? Can you *really* eat that? Our system is so intricate that even the most hardcore students of the body—nutritionists, dietitians, and personal trainers—couldn't tell you what will be right for your personal diet. Finding the time to plan and cook meals every night is hard when you're busy. And, who wants to waste money on eating out for each meal? In comes meal kits: a friendly answer for the young and old alike. The meal kits [food trend](#) makes the complexity of food simple with pre-measured ingredients and portions.

When the cooking and preparation feels like an unnecessary hassle, check out this meal kit food trend as an alternative to classic meal

prep in your home.

Bottom line: meal prep is an individual choice when it comes to following [food advice](#) and [diet tips](#). If cooking relaxes you then it might be the way to go. But, if you find yourself overwhelmed with all the possibilities and ever-changing health dialogue, that's a great reason to consider meal kits.

1. Built-in portion control: Purchasing meal kits will ensure that you're eating the right amount of food. It can be painful to break out the measuring cup for every aspect of your meal and this way you won't have to.

2. Nutrition to a T: Check to make sure your meal kits are sought over by a nutritionist or dietitian and it'll make nutrition simple. Instead of doing the guesswork after a long day at the office, leave it to the professionals to find balance in your meal.

Related Link: [Product Review: Harlow's Harvest](#)

3. There's a chance you could lose weight: This isn't always the case. If you're used to eating junk food in high portions, switching to a measured and nutritious system could help you shed some pounds.

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

4. Exotic flavors: Meal kits bring an exciting twist to what would've been plain pasta night. There are hundreds of different flavors from exotic origins to try. In one week you could span the food global from Italy to China.

5. It's just less work: Planning, shopping, prepping, cooking, and cleaning can be overwhelming if you aren't used to doing it. Busy Millennials with no time to aging Boomers losing dexterity could use a simple and easy solution to the

necessity that is eating.

Are you going to try meal kits? Share why or why not in the comments below!

Love & Libations: The Love Of The Negroni



By [Yolanda Shoshana](#)

When you ask someone which cocktail they love, the Negroni may be the first thing that comes to mind. It's such a phenomenon that you can find one on pretty much any menu, or simply

request it at a bar. As I mentioned in an earlier column, Anthony Bourdain loved this drink so much that he called it “the perfect cocktail”. There’s even a Bubbly Negroni that was invited for Valentine’s Day; the sex appeal can’t be denied. This drink is perfect for [date night!](#)

The Sexiest Drink for Date Night: Negroni

This year, the cocktail turns 100 years old. We have two guys to thank for the libation with a love story at the heart of it all.

The Negroni is named after Count Camillo Negroni, who was known for being quite a character. The Count went into his favorite cafe and wanted an Americano (created by Gaspare Campari) with a bit more alcohol. That’s when a bartender replaced the soda for gin, and just like that a famous cocktail was born. There are three main ingredients to make a Negroni: Campari, gin, and vermouth. While you can use any gin or vermouth, there is only one Campari.

Related Link: [Love & Libations: Celebrity Pink Sips for the Summer](#)

Most people know the liqueur because it’s in almost every bar and restaurant around the world. Did you know that behind it all is a love story? As you know back in the day, people named everything after themselves, which is why you probably won’t be surprised to find out that in 1860 a man named Gaspare Campari started a small family business to make aperitifs. When he died, his two sons took over the business. It was David Campari who started using celebrities in the Campari posters. Basically, Campari was rocking with celebs before it was cool.

Related Link: [Love & Libations: What to Sip & Binge, That Is](#)

the Question

In the midst of it all, Davide Campari fell in love with a famous Italian opera singer, Lina Cavalleri. She was also known as the “greatest beauty in the world”. She was definitely a lovely lady; in regard to singing, let’s just say her looks probably got her hired. Davide fell madly in love with Lina and followed her on a world tour. Today, we might call that stalking, whereas during their time it was thought of as “charming”. As they traveled to Milan, Moscow, and New York, Davide started selling his families products to bars and restaurants. The small family business grew into a worldwide sensation. While the business became a success, it’s sad to say that Lina wasn’t really feeling Davide. She married someone else, while he would pine for her until the day he died.

The love story started off between a man and woman, but grew into the world’s love for a bitter liqueur. I guess that’s what makes the story so bittersweet.

May your love story turn out much better. Enjoy a Negroni or two with your boo during Negroni Week. If you are rocking the single life, get together with your squad and celebrate the single life.

Classic Negroni

1 oz. gin

1 oz. Campari

1 oz. sweet vermouth

Orange twist

Stir ingredients in a mixing glass with ice, then strain into a chilled cocktail glass, and garnish with an orange twist.

New York Restaurants: Hidden Gems for Sushi Lovers



By [Emily Green](#)

New York City is a city full of things you wouldn't expect. Almost anything you can think of you can find in NYC; you just have to know where to look. Are you a sushi fan? The City is full of [famous restaurants](#) with absolutely amazing sushi, even if it doesn't look like it from the outside.

Finding a good place with even better sushi can be hard to find, what are the best New York restaurants for sushi?

Sushi isn't for everyone, but for those who are sushi lovers, it can be hard to find places with quality food. Here are some of Cupid's hidden gem sushi restaurants in New York City:

1. Odo: Located on 17 West 20th St, NYC, Odo is in the back of an all day cafe and cocktail bar. The restaurant has only 14 seats, so you and your party will partake in a 9 course dinner filled with a variety of types of sushi. The chef used to run one of New York's most celebrated vegan restaurants, and will not disappoint his customers in their dining experience.

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

2. HŪSO: Operating out of Marky's on Madison, you and your party can enjoy a seven course meal for up to \$200. From sushi to king crab, you can enjoy any type of seafood in this small 12 seated restaurant.

Related Link: [Date Idea: Feed Your Heart with a Sushi Sampling](#)

3. The Hidden Pearl: Tucked away in a residential neighborhood, this restaurant can be hard to find. Decorated based on hues from Okinawa, Japan, this secluded restaurant will leave you full and relaxed until your heart's content.

4. Resident: Let's start off by saying, this isn't your typical restaurant. Resident does not occupy one space, but instead, several spaces in a variety of condo locations. With a variety of courses, Resident brings you that homey feel even when you aren't home.

5. TAO Downtown: If you're looking for a classic place to either host a party or simply go out to dinner, TAO Downtown is the perfect place. From having live entertainment to a wide variety of courses, you will not leave hungry, that's for sure.

What are some of your favorite sushi places in New York City? Let us know in the comments below!

Restaurant Review: Rue 57 in NYC Serving Up Superb Flavor!



By [Bonnie Griffin](#)

In this [restaurant review](#), Rue 57 in New York City takes a drab corner bar to new heights. Critic Rob Patronite and Robin Raisfeld rave, saying, “What used to be the dreariest corner on 57th Street is now a boisterously attractive destination with quirkily superb dishes like mission fig turnovers with Parma ham and duck crumble.”

Restaurant Review: Rue 57 in NYC is serving up superb flavor and a luxurious atmosphere for every meal of the day!



Rue 57 Lobster dish. Photo: Instagram/@rue57nyc

Rue 57 may look small and quaint from the outside, but it touts three stories once you walk inside and is decked out in lavish decorations making for a truly elegant experience. The decor will set the mood for dinner and makes a great location

for [date night](#). Don't want to eat lunch outside? That okay because they have a beautiful outdoor section where you can enjoy your brunch in the sun.



Rue 57 NYC Beautiful Dining Hall. Photo: Yelp.com

Not only does Rue 57 offer a beautiful environment with succulent food, but their bottomless brunches keep the customers coming back for more. Their menu is bound to meet your taste bud's desires ranging from burgers and steaks, to seafood and incredible sushi. All of this served by their friendly and attentive staff makes it one restaurant you will not want to miss the next time you're visiting New York City.



Rue 57 NYC Brunch. Photo: Instagram/@ms.knowwheretogo

Rue 57 in New York City is great for brunch, lunch, and dinner. Essentially, if you're in NYC and looking for a great atmosphere with stellar service and amazing food, look no further than Rue 57. You can find them on their website <https://rue57.com/>, or through social media on [Facebook](#) and [Instagram](#).

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.

Related Link: [Travel Destination: Top 5 Bakeries You Need to Try in NYC](#)

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.

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

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!

Popular Restaurants: Choose a Beef Alternative Like bRestaurant





By [Bonnie Griffin](#)

Finding a good restaurant that caters to your dietary needs if you are vegan can often be a challenge. One [popular restaurant](#) found a way to meet that need. bRestaurant became popular when they decided to step up and serve a delicious burger with their vegan customers in mind. The impossible burger was created in March of 2018. The burger has been met with great responses, even from the restaurant's meat-eating burger fans. Next time you're looking for a great-tasting vegan option, bRestaurant has a great burger you might want to give a try at one of their multiple locations in the United States.

This restaurant took beef alternatives to a new level with their impossible burger. What are some other great beef alternatives

that you could enjoy?

Finding alternatives to beef that taste good can seem like an unwarranted chore. With so many restaurants looking at vegan dishes like the leftover corner on their menu, we often have to look to ourselves for a good vegan meal. Cupid has some suggestions when it comes to vegan-friendly beef alternatives that you might enjoy:

1. Tofu: Tofu can be a great alternative for meats like seafood, chicken, pork, and beef. The trick to using tofu as a tasty meat substitute is making sure you pick up extra firm tofu, and be sure to press it. Because of its incredible ability to absorb seasonings, you can give it just about any flavor your tastebuds desire.

Related Link: [Food Trend: CBD-and Cannabis-Infused Food](#)

2. Seitan: As long as you don't have any gluten allergies, seitan is a good meat alternative. It is a great source of protein, and dense and chewy enough that you can cook it any way you want including grilling or frying. You choose how to season it, and the right seasoning can give it the flavor of chicken, beef, or pork.

Related Link: [Travel Destination: Top 5 Bakeries You Need to Try in NYC](#)

3. Pea protein: Not everyone wants to eat veggie burgers all the time. If you are sick of them or hate them all together, try pea protein products. Pea protein products do a great job of creating a solid meat-like texture. It is seasoned to mimic the flavor of beef, pork, and even hotdogs. On top of being vegan, pea protein products are soy, gluten, and GMO-free, and they contain a lot of protein.

What are some of your favorite meat alternatives? Let us know your thoughts in the comments below.

Product Review: Harlow's Harvest



By [Mara Miller](#)

Do you have little chefs in your kitchen? Harlow knew it was important to learn how to cook nutritious, wholesome meals because most schools aren't teaching kids how to cook, and it is often a life skill they lack by the time they go to college. Together with her mom, Ashley, they put together a subscription box, called Harlow's Harvest.

Harlow and single mom Ashley put together Harlow's Harvest to help teach kids how to cook in this fun subscription box. Learn more about it in our product review.

It's important to note that at this time, Harlow's Harvest does not include actual food in their meal kits, unlike other food subscription boxes. You'll be signing your child(ren) up for the Harlow's Harvest Cooking Academy, and each month they will get a kit that includes three recipes, a budgeting card, a cooking tool (such as a cookie cutter), and a pin of the month.

Related Link: [Product Review: Cinco De Mayo with Prepara Taco Accessories!](#)

The recipes are laminated so your kid(s) won't need to worry about ruining them. You can save it for later if they love the recipe! They'll learn to make things like pizzas, cookies, biscotti, and rainbow veggie pasta. The same box will never be sent twice.

Related Link: [Product Review: The Night Sky Star Maps](#)

Each Harlow's Harvest box puts a strong emphasis on history, geography, and budgeting. Your kids can learn about the food they're cooking, and you can teach them to budget while buying groceries at the same time, something they will definitely need to know how to do when they are older.

If you want to try this great, educational subscription box for your kids, you can sign them up at the Harlow's Harvest [website](#). If you want it on a monthly basis, one box starts at \$23. The six-month subscription is \$126. And, if your kids

really love Harlow's Harvest, you can get them a yearly subscription for \$228. The subscription is meant for kids between 4 to 15.

Check out more of Cupid's product reviews [here](#).

Food Trend: 5 Ways Pickles Are Better Than Bread on Sandwiches



By [Bonnie Griffin](#)

With ever-changing diet fads, [food trends](#) often come and go as quickly as the season, but every now and then one trend offers great flavor and doubles as a healthy food option. That is precisely what pickle sandwiches offer at Elsie's Sandwich Shop in New Jersey, according to *Elitedaily.com*. This sandwich shop has replaced the bread on their sandwiches with large halved pickles, and the response has been amazing. From people watching their weight to those with bread allergies, people are raving about these pickle sandwiches.

Food Trend: How to make your sandwich stand out with a delicious bread substitute!

Whether you are trying to eat healthy, avoid carbs, or simply cannot eat bread because of allergies, replacing bread with pickles on a sandwich can be a delicious alternative. Not only are pickles fat-free, but they are an inexpensive way to cut those carbs if you're following the keto diet, or simply trying to eat better.

1. Carb-free: With so many people choosing the keto diet as their preferred weight loss method, it is always great to find a new carb-friendly food option that will not only help you achieve your goals, but also tastes good. Replacing the bread on your sandwiches with pickles will eliminate all those unhealthy carbs and offer a guilt-free meal to those living the keto lifestyle.

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

2. Food allergies: For those who have bread allergies it can be frustrating when you find yourself unable to eat something as simple as a sandwich. Using pickles in the place of bread offers an affordable alternative. Add to that the issues ordering food at restaurants, and having pickles substituted

for your bread can help open up more options when not eating at home.

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

3. Fat-free and low calories: Maybe you're not just counting carbs, but you are still working hard to count your calories and eat within a healthy daily caloric limit. Unlike bread, pickles are fat-free and very low in calories.

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

4. Extra flavor: Sure, bread can be tasty, but it has nothing on the zippy flavor of pickles. Adding a few pickles to your ordinary sandwich might give it some extra flavor, but just imagine the flavor fireworks that replacing your bread with pickles will set off on your taste buds.

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

5. Antioxidants and probiotics: Not only are pickles great tasting and carb and fat-free, but they offer certain antioxidants that are beneficial to your health, and since they are not cooked, the antioxidants are not cooked away and are preserved. According to *Organicfacts.net*, pickles also contain probiotic bacteria that "actually help us in the digestion of food."

When finding healthy options that still taste good and don't break the bank can seem like too much work, pickle sandwiches are here to save the day and taste good while doing it! What are some other ways to ditch the bread while still enjoying a sandwich?

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.

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

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.

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

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!

Travel Destination: Top 5 Bakeries You Need to Try in NYC





By Megan McIntosh

New York City is definitely a popular tourist destination for people all over the world. There's so much to do and see. You can check out Broadway or try for a [celebrity](#) sighting. If you are headed to New York City as a [travel destination](#), then it's certain that one of the reasons you're probably going is for the food. But whether you're in the mood for breakfast or dessert, you can't go wrong by checking out New York City's bakeries.

Travel Destination: Heading to New York City for a girl's weekend or a week of relaxation and tourist fun? Cupid has five bakeries to try.

There are a variety of shops and bakeries to choose from when you're visiting NYC. You really can't go wrong as long as you see people shopping inside. However, Cupid has the top 5 bakeries

in NYC based on reviews.

1. Buttercup Bake Shop : Located in Midtown East, this bakery has been reviewed by people who say you'll definitely be satisfied if you stop by. The majority of fans seem to rave about the cupcakes, calling them moist with an icing that's to die for. This is definitely a bake shop for those with a sweet tooth as they also have meringue, cakes, and cookies. But make sure you're wanting to eat these sweets on the go as it's a small shop, and get there early so you don't miss out on the variety.

Related Link: [Popular Restaurants: The Best Bars in NYC](#)

2. Veniero's: Located in the East village, this Italian bakery has been reviewed by over a thousand people. This is the place if you want to go somewhere with history, as this has been in the family for a while with third generation owners. This place is so good that people come from out of state to get their cheesecakes and fruit tarts. Check it out if you want a great selection where you're sure not to be disappointed.

3. Bagels & Schmear : Located in Flatiron, this bakery is a breakfast dream come true. Open at 6am, they're ready to feed you at the earliest hour. With a variety of cream cheese spreads and bagels, you're sure to find the perfect combination for your tastebuds. It's got the bang for your buck, especially in NYC.

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

4. Simit Sarayi: Located in Midtown East, this bakery is actually a Turkish bakery. Try the Turkish version of a bagel called a Simit which is basically a thinner and bigger bagel glazed with sesame seeds. It's definitely a treat and a stand out from the rest of the choices on the block.

5. Patisserie Chanson: Located in Flatiron, this Patisserie greets you with baked goodies as soon as you walk in. They

have coffee, ice cream, and a dessert bar at night. Come on the weekend and enjoy afternoon tea with the girls.

What are the top bakeries you've been to in NYC? Share below!

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.

Related Link: [Love & Libation: Kiss Me, Cocktails Inspired by Irish Authors](#)

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 teaming 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.

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

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