

Vandal: One of NYC's Coolest Famous Restaurants



By [Josh Ringler](#)

If you've been looking for new and exciting places to eat in New York City, and you've been looking for something a little different than most of the restaurants the Big Apple has to offer, Cupid has a suggestion for you! Vandal, in the heart of Lower Manhattan, could be the location for your next special date night. Plus, you can keep your eyes peeled for [celebrity couples](#)!

Vandal, one of NYC's many famous

restaurants, is an amazing restaurant with great decor and food.

New York City is full of [date ideas](#), from Central Park to the Highline, Broadway to Wall Street, and so many others. Before we get into the food that makes Vandal one of the city's tastiest famous restaurants, let's start with the name, an artistic creation on its own.

Vandal comes from the "vandals" that created art, both inside and outside the restaurant. These are internationally acclaimed vandals, including Icy Grape, Hush, and Apex. The art they created was made specifically for Vandal, and it is amazing. The murals, sculptures, and other artistic creations are just one of the ways that Vandal stands out among others.

Related Link: [Date Idea: Cook a Romantic Dinner](#)

The art inside the restaurant is breathtaking, but with food so amazing, you won't get distracted from the great tastes. The menu is set up in a unique fashion; it's an ode to fast food, but with a much higher quality. The menu is split into four categories: Small, Medium, Large, and Extras.

Consider "Small" the appetizer section. From Sticky Rice Dumplings to Red Snapper Tostadas, the "Small" section is full of flavors and options. The plates look immaculate when served, and we can't imagine a dish that wouldn't taste good. The "Extras" section also offers some tasty vegetables to go along with your meals or appetizers.

If you are looking for more to eat, the "Medium" and "Large" sections of the menu may be the place to top things off for you and your partner. From the Heaven Spot Mini Burger to the many varieties of Street Pizza the restaurant serves, Vandal

offers so many options that your mouth will be watering just looking at the menu.

Related Link: [Tease Your Taste Buds on This Weekend Date Idea](#)

If you are looking for something very exciting and different, the Chicken Katsu + Hong Kong Egg Waffles dish is one that is exciting, unique, and unlike almost anything NYC has to offer to your taste buds. For meat lovers, there's also a delicious skirt steak option as well.

Vandal also has a lounge – the restaurant's bar area if you are looking for love! The restaurant recommends making reservations a month in advance, but the wait is sure to be worth it! While the prices are high, the ambiance that Vandal offers outweighs the cost, and your love will not be disappointed!

Have you visited Vandal and want to recommend a favorite dish? Any other perfect date night restaurant? Let us know in the comments below!

Celebrity Video Interview: Master Sommelier Talks Relationship and Love Advice





By [Rebecca White](#)

If you're keeping up with New York Fashion Week, then you know that the worlds of fashion and wine are colliding this year. Master Sommelier DLynn Proctor shares his best relationship and [love advice](#) concerning all things wine in our celebrity video interview.

Related Link: [Brooke Burke-Charvet Talks About Her Marriage in Celebrity Video Interview: "We Carve Out Time for Each Other"](#)

DLynn Proctor Talks Love Advice In Celebrity Video Interview

Sometimes ordering wine at a restaurant can be stressful, especially on a first date or special occasion such as an anniversary or Valentine's Day. Proctor's love advice is to make sure you communicate with your sommelier. "Give your somm buzz words, like light or bold, medium wines, fruity, dry, sweet, etc.," he says. After that, your somm will easily be able to make a pairing sure to improve your date night.

But if you still need some dating advice concerning wine, then look out for these recommendations. For a first date, you can't go wrong with the Bin 28 Kalimna Shiraz, Proctor shares. "A lot of beginners can enjoy this and the price is affordable!" he says. But, maybe your relationship is more mature, and you're searching for an anniversary wine. In that case, go with the Penfolds Grange Shiraz that can be order at the finest establishments.

In regards to his own relationship and love life, Proctor jokes that being a sommelier has only improved his marriage. "The wine seller is always stocked and the wife is always happy. She drinks very well," he says with a laugh.

You can keep up with DLynn on Twitter @WineauxDLynnP and www.instagram.com/penfoldsdlynnp/.

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

Exclusive Celebrity Interview with Reality TV Star Chef Richard Blais





By Meranda Yslas

With summer around the corner, people will be bringing out their barbecues and getting ready for cookouts. Lucky for us, reality TV chef Richard Blais shared some helpful tips for starting up our grills in our [exclusive celebrity interview](#). Read on for more!

Exclusive Celebrity Interview with Reality TV's *Top Chef*

Blais first appeared on television in season 4 of Bravo's *Top Chef*, and nine years later, he is making his return to the small screen. "I'm returning again as a judge for *Top Chef* season 13, which we're getting ready to film in California," he explains. Since his premiere on the reality TV show, the New York native has made great strides in his career. He has already published one cookbook, and the second one will be out later this year. He shares that it's "going to be great," adding, "It'll be in the same vein as my first cookbook, focusing on creativity for the home cook. I'm really excited about it."

Related Link: [‘Top Chef’ Alum Richard Blais on Healthy Holiday Cooking with Benefiber](#)

Being a chef is a career where you’re constantly honing your skills and even learning new techniques. There’s no doubt that Blais has changed since the start of his career. “My cooking has become more for the people than it is for myself,” he says. “I cook for everyone and hope to inspire home cooks to get creative in the kitchen because that’s when it’s really fun.” The *Top Chef All-Stars* winner elaborates on his new approach to cooking: When in the kitchen, “it’s not about me; it’s about the guest. I cook for everyone else, whether it’s at my restaurants or on TV – it’s all about the people who enjoy your food.”

Learning The Science of Food

Some people may think that cooking is just about throwing in ingredients and hoping for a tasty result, but there is actually a science and psychology behind food decisions. “Science is about asking questions, and as chefs, we often ask questions about how to make food taste good,” Blais reveals. “Understanding where food comes from is understanding the science of deliciousness.” Being aware of this science ultimately influences how the reality TV star cooks and what ingredients he uses. “I really like to look at flavor, and if it is delicious and makes people happy, then I’m very interested,” he adds.

One type of flavor that the Trail Blais owner has been paying attention to recently is the smoky flavor of barbecue. “There’s a nostalgia with smoked foods – everyone has a personal memory. Whether it is a family cookout, a favorite barbecue dish, or the summer holidays, who doesn’t love smoked foods?” he says.

If you’re interested in grilling out, consider this advice from the chef: “When smoking meat, the type of wood you use is

key, as each wood creates a smoke with its own unique and distinct flavor. That's why I'm excited to be working with Boar's Head on their Black Forest Beechwood Smoked Ham," he divulges. "It's naturally smoked with imported beechwood from Germany and has a clean, balanced flavor. It's a distinct braise that's not bitter or ashy, and the texture and color is amazing."

Related Link: [Wolfgang Puck of 'Top Chef: Seattle' Says Taste is the Most Important Part of Cooking for Your Loved Ones](#)

Achieving this distinct and delicious flavor isn't as hard as one might think. "The best thing to do is use things that already have smoked ingredients...and get creative in the kitchen," he advises.

Of course, a great date idea for this summer is to fire up the grill with your significant other and try out some recipes with a smoky flavor. Blais offers three final tips to make your cookout successful: "First, wear Hollywood short shorts. Second, do most of the work ahead of time. *Mis en place*. And third, use a wood-burning grill and make sure you have a great playlist!"

You can keep up with Richard on Twitter @RichardBlais and www.facebook.com/richardblaisofficial/!

Product Review: Make M&M'S® a Part of Your Oscars

Celebration!



This product review is sponsored by M&M'S®.

By Jenna Bagcal

There are pairs of things that just make sense together, like cookies and milk, peanut butter and jelly, or strawberries and champagne. The same thing can be said for award shows and M&M'S®. With the 87th Academy Awards less than a week away, some of you may be thinking about throwing a viewing party. So why not consider making this delicious chocolate candy a part of your Oscars 2015 celebration? Use this product review for some fun ideas!

Date Idea For An M&M'S® Oscars Celebration

A grand event like the Academy Awards calls for a grand celebration! Even if you're just at home with your significant other or some of your close couple friends, this M&M'S® and Oscars [date idea](#) can make your night red carpet worthy. Before the party starts, make sure you're stocked up with your favorite M&M'S®, whether it's the classic creamy Milk Chocolate, the tasty and crunchy Peanut, or the fun Crispy that are back by popular demand. Their colorful candy shells and chocolate filling will add a festive touch to your celebration. While you're munching on these rainbow confections, make sure to look out for the commercial that M&M'S® will be debuting on the big night.

Check out the videos below for some of Red's Red Carpet Tips to make your celebration on Sunday, Feb. 22 even better!

<https://www.youtube.com/watch?v=kkf3ybtpvis>

<https://www.youtube.com/watch?v=mpAE9su0yHA>

There are a wide variety of treats you can make using M&M'S® that are sure to satisfy any sweet tooth. Add Crispy M&M'S® to brownies for a crunchy surprise, or bake M&M'S® cookies as a fun alternative to your usual chocolate chip version. Get creative with your recipes, and don't be afraid to mix all three varieties together for a completely unique experience! For a final touch to your decor, lay out a "red carpet" path toward the dessert table with the tasty M&M'S® treats you made for your guests.

At the end of the night, send your guests home with some swag bags – just like the Oscars attendees – and fill them with cool and fun items you think they will love. Don't forget to

include some M&M'S® in there too!

What are some of your favorite ways to enjoy M&M'S®? Share them with us below and on social media!

Claire Robinson on Holiday Cooking: “You Have to Remember What Thanksgiving is All About”



Interview by [Lori Bizzocco](#). Written by Shannon Seibert.

5 Ingredient Fix host Claire Robinson knows a thing or two about the fear of hosting Thanksgiving dinner and how to deal with it head on! Plus, she offers relationship advice that will heat up the kitchen this holiday in our exclusive interview with her .

Exclusive Interview: Claire Robinson's Best Holiday Cooking Tips

"It stresses everybody out – the veterans are stressed too!" she says of holiday cooking. In our celebrity interview, the *Food Network* star advises us to forget the pressures of a full household and stick to the staples. "You have to remember what Thanksgiving is all about," she shares in our [celebrity video exclusive](#). "To me, that is the easiest way to get that pressure to start to release and enjoy your time in the kitchen a little more."

Related Link: [‘Food Network’ Host Claire Robinson Says, “Food Is the Key to Passion”](#)

Of course, we had to ask the chef about the best desserts for the Thanksgiving season too. "Pumpkin is always the classic, but put a little bit of chocolate in there," the celebrity chef suggests.

Robinson also chatted about a cause close to her heart: Unilever's projectSunlight, which helps create a brighter future for children. "There's one in five children in America actually struggling with hunger," she reveals. "That's 16 million children." She encourages people to participate this holiday season by purchasing Unilever products; the proceeds will fund projectSunlight.

To keep up with Claire, follow her on Twitter @clairerobinson5.

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

Christina Milian Talks New Reality TV Show, Viva Diva Wines and the Status of Her Love Life



By Ashley Pacifico

This past Friday, CupidsPulse.com had the chance to chat with singer and actress Christina Milian about the exciting

projects that she's been feverishly working on. With her recent venture as co-owner of Viva Diva Wines, a new reality TV show called *Christina Milian Turned Up* on E!, and an upcoming album, the celebrity mom is certainly staying busy! Of course, that's exactly how she wants it to be. "I was born to be focused and to have something to live for, and all of this stuff just excites me. I want to empower a lot of women as well," she reveals.

Related Link: [Christina Milian on Her Partnership with Platinum E Hookah](#)

Reality TV Star Talks About Line of Wines and New Show

The talented entrepreneur is particularly proud of her new line of wines. "A Viva Diva is a confident woman who loves to live the life," she says of the ladies who enjoy her wine. "I think we sometimes take things too seriously. Sometimes, you need to shout, dance, and scream out loud! You can be serious all day, or be a confident woman and just go have fun."



Christina Milian celebrating with Viva Diva Wines. Photo courtesy of Illumination PR.

If pressed to pick a favorite wine, the celebrity mom names the pineapple and coconut flavor from the Moscato line. The peach and mango flavors make it very hard to choose though. “I really like all the flavors. Take ‘em all, guys!” she says with a laugh.

Longtime fans are excited to get a better glimpse at her day-to-day life with her new reality TV show, set to premiere in 2015. When asked if viewers are going to be able to get a peek at her love life, she confesses, “Right now, I’m just really focused on my music. I think that’s the focus of everything. And when a relationship and love come along, it will strike, and we will see if the cameras are there!” She also hinted that she would love to have Nicki Minaj and Drake on her upcoming album, which she describes as “a little mix of fun club bangers, a couple of ballads, R&B, and pop” in our celebrity interview.



Christina Milian with Viva Diva Wines. Photo courtesy of Illumination PR.

Related Link: [Christina Milian Ends Engagement to Jas Prince](#)

In an effort to dig just a little bit further into the mystery that is her current dating status, we asked the star what the inspiration was for her upcoming album. “It’s really about living in the moment. I’m just writing based off of my experiences – whether it be a break-up, makeup, love, or Cupid literally hitting you in the heart, you know what I mean?”

For more information about Viva Diva Wines, visit www.vivadivawines.com/. To keep up with Christina, follow her on Twitter @ChristinaMilian.

‘RHONJ’ Star Kathy Wakile Talks Desserts in Celebrity Video Interview: “Indulge. It’s Not Going to Kill You!”





Interview by [Lori Bizzoco](#). Video by [Damian Kolodiy](#).

Kathy Wakile first captured our hearts as a cast member of *Real Housewives of New Jersey (RHONJ)*, and now, she's enchanting our taste buds with her dessert line Dolci Della Dea and her cookbook *Indulge: Delicious Little Desserts That Keep Life Real Sweet*, which was released on September 2nd. Earlier this week, the reality TV star did a book signing at the Boulevard Books & Cafe in Brooklyn. In our celebrity video interview, we got the latest scoop on her decadent desserts, the upcoming season of *RHONJ*, and life at home with her family.



Lori Bizzoco with Kathy Wakile and her husband Richard.

Reality TV Star Dishes on New Cookbook

As fans may know, the title of her cookbook came from something she said on *RHONJ*: “We were talking about my desserts, and I mentioned how I see really, really skinny girls who deprive themselves of everything and who aren’t happy. So I said, “Honey, have a cupcake. Indulge. It’s not going to kill you!’” With that thought in mind, Wakile focused on mini desserts, so people can enjoy something sweet without feeling guilty afterwards. She adds, “We want them to look good and taste good, but we don’t have to have

such large portions.”

Related Link: [‘RHONJ’ Star Jacqueline Laurita: “I Try My Best to Get Along with Everyone”](#)

When it comes to impressing your partner, her best love advice is simple: She recommends baking her Chocolate Volcanoes. As she mentioned after our interview, “It should be served hot – and it’ll make your man feel hot too!” It’s no surprise that it’s her husband Richard’s favorite dessert. Another great date night dessert is the Almond Joyous Cheesecake Cuties (recipe below) – perfect for sharing with *your* cutie!



Almond Joyous
Cheesecake Cuties.
Photo: Andrei
Jackamets

Almond Joyous Cheesecake Cuties – makes 2 dozen

CRUST

2 large egg whites

$\frac{1}{4}$ cup granulated sugar

2 cups sweetened flaked coconut

TOPPING

$\frac{1}{2}$ cup sour cream

3 tablespoons sugar

1 teaspoon almond extract

FILLING

Two 8-ounce packages cream cheese, at room temperature

$\frac{1}{2}$ cup granulated sugar

3 large eggs

3 tablespoons sour cream

3 tablespoons heavy cream

1 teaspoon almond extract

2 teaspoons coconut extract

$\frac{1}{4}$ cup almonds, toasted and finely chopped

Ganache (page 181)

Sliced almonds, for garnish

EQUIPMENT

Two 12-cavity mini cheesecake pans

Food processor

Electric mixer

Small pastry tamper, optional

2 large rimmed baking sheets

- Preheat the oven to 350°F with one rack positioned in the center of the oven and another rack positioned at the bottom of the oven. Fill a broiler pan or roasting pan with about 2 inches of water and set it on the bottom rack.
- To make the crust, combine the egg whites with the sugar in a medium bowl and use an electric mixer to beat to very stiff peaks. Use a rubber spatula to fold in the coconut until well combined.
- Scoop about 1 tablespoon of the mixture into each cavity in the mini cheesecake pan and use the back of the measuring spoon to firmly compress the mixture into an even layer about $\frac{1}{4}$ inch thick.
- Set aside.
- To make the almond topping, in a small bowl stir together the sour cream, sugar, and almond extract. Set aside. To make the filling, in a separate bowl beat together the cream cheese and sugar with an electric mixer at medium speed until smooth and creamy. Beat in each egg separately and scrape down the bowl after each addition. Continue to mix at medium speed and add the sour cream, heavy cream, almond extract, and coconut extract.
- Set the cheesecake pans on rimmed baking sheets (this will make it easier to get them in and out of the oven). Press the crust down again to ensure that it is well packed.
- Transfer the filling to a large measuring cup with a spout and pour enough filling into each cavity of the pans to fill a bit more than three-quarters of the way up to the rim.
- Bake for 7 minutes at 350°F then lower the temperature to 250°F and bake 10 to 12 more minutes, or just until the surfaces of the cuties are set at the outer edges but still wobbly in the center. (Keep a close eye on them!)
- Take the pans out of the oven and divide the almond

topping among the cakes, spooning an even layer onto each and smoothing the tops with the back of the spoon. Top with the chopped almonds, then return the pans to the oven and bake for an additional 7 minutes. (They'll still look wet, but they will set as they cool.)

- Let the cakes cool in the pans for 3 to 5 minutes, then run the tip of a very sharp knife around the top edge of each cake (this will unstick any topping that has adhered to the side of the pan and help the cake come out of the pan easily and flawlessly once they are cool.) *Don't try to add the chocolate ganache or unmold the cakes while they are still warm!*
- Let the cuties cool in the pans all the way to room temperature, at least 30 minutes. Then chill in pans for 2 hours before unmolding and topping with ganache.
- Carefully unmold the cuties by pressing the little round disk underneath each cake upward to raise the cake so that its bottom is level with the pan rim, then slide a small spatula underneath the cake.
- To cover the cuties with ganache, arrange the unmolded cheesecakes on a wire rack that's sitting on a parchment-lined baking sheet. Use an offset spatula or butter knife to carefully apply a thin layer of ganache to the tops and sides of each cutie. Let dry, then go over the cheesecakes again to smooth out any spots you may have missed, working from the top first and then down around the sides (dipping the spatula or knife in hot water and wiping dry periodically will also help keep the ganache smooth).
- Garnish with sliced almonds and refrigerate 6 hours or overnight before serving. (You could chill the cuties overnight before adding ganache, then chill more briefly just to set the ganache. The cuties can be kept in the refrigerator for 3 days and are also freezable.)

Ganache – makes about $\frac{3}{4}$ cup

8 ounces bittersweet or semisweet chocolate, chopped

$\frac{1}{4}$ cup heavy cream

2 tablespoons unsalted butter

- Combine the chocolate, cream, and butter in a small heatproof bowl. Set the bowl over a saucepan of barely simmering water. Cook, stirring occasionally, until the chocolate is melted and the mixture is very smooth.
- Let the ganache cool to room temperature before using.

From Indulge by Kathy Wakile with Miriam Harris. Copyright 2014 by the authors and reprinted by permission of St. Martin's Griffin, an imprint of St. Martin's Press, LLC.

Celebrity Video Interview: Kathy Wakile Opens Up About Her Family

Although the mom of two focused on her cookbook over the past few months, she will be gracing the small screen towards the end of season six of *RHONJ*. “You’ll see what’s happening with my family and see how my children have grown. You’ll see what’s happening with our everyday lives,” she explains.



Kathy Wakile at her book signing at
Boulevard Books & Cafe.

Speaking of her family, the reality TV star reveals that her daughter Victoria is doing well after battling her second benign brain tumor. "She's a strong, brave girl, and she's just more motivated than ever," she says with a smile. Of how she got through such a difficult time, she credits the power of prayer. "I don't feel like it was me doing everything. I feel like God was carrying me through."

Related Link: [RHONJ's Teresa Giudice Debunks Divorce Rumors](#)

Of course, the New Jersey native isn't done expanding her empire just yet. Next up is a cookbook of Mediterranean-based appetizers and small plates. As she explains, "I get a chance to show my love through my cooking!"

Keep up with Kathy on Twitter @KathyWakile. You can purchase her cookbook Indulge: Delicious Little Desserts That Keep Life Real Sweet at your local bookstore or on Amazon.

'Cake Boss' Star Buddy Valastro on His Celebrity Marriage: "I'm a Lucky Man Because the Reality TV Show Hasn't Changed Us"



By Liz Kim

Buddy Valastro isn't called the *Cake Boss* for no reason. Born and raised in Hoboken, New Jersey, he is a fourth generation baker. His childhood was spent in his family's old-fashioned Italian bakery run by his father, Buddy Sr. Father and son dreamed of making Carlo's Bakery a household name, and five restaurants (in New York City, New Jersey, and Las Vegas) and four TLC realty TV shows later, Valastro is bringing their vision to life. Now, he's helping to make the cake dreams of one lucky couple come true in *Brides Live Wedding*, an unprecedented wedding competition by *BRIDES*. Read on for more of our [exclusive celebrity interview](#) with the star!

Exclusive Celebrity Interview with Buddy Valastro

Brides Live Wedding gives one couple the chance to star in their own celebrity wedding while also supporting their favorite charity. The catch? Once the public votes which pair will get the A-list treatment, they will also be able to vote on every detail of the wedding, from the dress to the decor. For the cake, there were four options to choose from, and Valastro is excited to get started. "This is the second year I'm participating in the contest," he says. "I think it's a cool concept; it's fun to be a part of it; and it's really great for the couple who ends up getting this amazing, huge wedding! I'm happy that I can provide the cake that they'll enjoy on their special day."

Related Link: [Fend Off the Post-Wedding Blues](#)

Baking for weddings is nothing new for the reality TV star, and after creating cakes for countless events, he knows a thing or two about what's trending in the wedding cake world. He explains, "You know, the cupcake cakes were getting big for awhile, but now I'm seeing brides looking for cakes with a rustic, natural, almost unfinished look to them." He adds that "dessert tables are very popular. They just add more variety for guests to enjoy at the reception."

Regardless of the couple's final choice, Valastro makes sure that everyone walks away happy. "I always ask my brides and grooms to give me all the wedding details – color scheme, flower choice, the dress style, the location," he shares in our exclusive celebrity interview. "All of these details are huge inspirations when designing wedding cakes. It makes it very personal."

Carlo's Bakery is a Hoboken favorite, but now, the *Cake Boss* is proving to be a reality television boss as well. In

the early 2000s, he competed in several cake decorating competitions on *Food Network Challenge*. He won the “Battle of the Brides” challenge in season seven, and his quick wit and tell-it-like-it-is Jersey attitude caught the attention of producers. In 2009, *Cake Boss* premiered on TLC, and now, he has three more shows under his belt: *Kitchen Boss*, *The Next Great Baker*, and *Bakery Boss*.

Reality TV Star Opens Up About Celebrity Marriage and Family

As dedicated as he is to expanding his business, he is equally dedicated to his wife Lisa and their four children. In October 2011, he surprised his wife with a second proposal. The celebrity couple wed again in a tropical vow renewal ceremony, complete with a cake that Valastro created himself. “I think it’s really important for couples to reflect on why they got married in the first place and why they decided to share their lives together,” he explains. “We all get so busy and distracted with our lives, but I knew I wanted to do something special for my wife, and I wanted the kids to be part of it too.”

The secret to his celebrity marriage? Finding time to appreciate the simple things. “We’re not too difficult. I’ll either cook one of my wife’s favorite meals, or I’ll take her out somewhere nice,” he says about a typical date night. “It’s good to have that time to yourselves, and then we come home and hang out with the kids.”

Related Link: [Celebrity Couples Who Have Remarried Each Other](#)

Being on television seems to tear apart marriages rather than strengthen them, but Valastro feels fortunate that Lisa understands that his schedule is hectic to say the least. “You know, I’m a lucky man because the show hasn’t changed us. My wife, my kids and I are just the same on-camera as we are off-

camera.”

And while he loves spending time with his children in the bakery, it’s up to them whether or not they want to take over the celebrity family business. “I definitely have passed along my love of baking, and my son Buddy is really coming along,” he shares. “I would love for them all to take over the bakery when they get older, but I’m not going to push it on them. They’ll make that decision.”

Family, he says, is the key to success, and he credits his dad with teaching him everything he knows about baking and business. His father died when he was just 17 years old, and although still young, he took on all of the responsibilities of the bakery. “My dad taught me to look at the bigger picture. He taught me at a very young age that not only did I have to learn to become a great baker, but I also had to become a businessman,” he candidly reveals. “You could be the best baker in the entire world, but if you can’t run a successful bakery, no one will ever know what you can do. Being business savvy is just as important as being the best at what you want to do, and for me, that was baking.”

Whether he’s constructing a life-size race car cake or whipping up lobster tails, his wife’s favorite pastry, Valastro puts his heart and soul into everything he does. And the *Cake Boss* has no plans on stopping anytime soon. “I’m always working the next project. I’ve got some fun things in the works, so stay tuned!”

You can keep up with Buddy on Twitter @CakeBossBuddy.

Celebrity Video Interview: Chef Tim Love Talks Summer Traditions and Reality TV Show 'Restaurant Kickstart'



Interview by [Whitney Johnson](#).

May happens to be National Burger Month, and with summertime fast approaching, we could all use a tip or two to avoid the dreaded dry burger during our backyard cookouts. Luckily, chef Tim Love has teamed up with Hellman's to give America a Burgervention just in time for Memorial Day weekend. "The Hellmann's is what's going to keep the burgers juicy while you're grilling them," he reveals in our celebrity video interview. With Love's [foolproof recipe](#), you'll be grilling

like a pro in no time!

Celebrity Video Interview with Chef Tim Love

The reality TV star also talks about his upcoming show *Restaurant Kickstart* (think *Top Chef* meets *Shark Tank*). “You’re investing in people, ultimately,” he explains. “Those people have to have knowledge and skill, but at the end of the day, they also have to be great people.”

Related Link: [Color Your Love in Red, White, and Blue](#)

Apart from grilling up juicy burgers, Love says his favorite summer tradition is spending time outdoors with his family and playing some catch. When it comes to [date night](#), the chef and his wife like to keep things simple. “I always prefer to cook at home,” he says. “I don’t spend a whole lot of time there because I’m always working, so if I can sit outside in my backyard with a margarita, I’d choose that every time.”

Check out our celebrity video interview above for more great grilling tips!

Hungry for more? You can find even more tasty recipes for the summer on Love’s [website](#)!

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

Celebrity Interview: Chef

Roblé Talks Date Nights and Says Creating New Fragrance Was “A Lot Like Cooking”



By Maria Darbenzio

Chef Roblé Ali, best known for Bravo's [reality TV](#) documentary series *Chef Roblé & Co*, is continuing to make his mark on the food industry. Over the years, thanks to his passionate dedication to cooking, he has prepared meals for many A-list stars, started a successful catering company, and has now ventured into the realm of beauty. With his new fragrance *Clique* by Roblé, he's expanding his brand beyond the foodies.

Celebrity Interview with Chef Roblé

Although developing a perfume may seem like a strange departure for a chef, his fragrance, which he created with master perfumer Frank Voelkl, includes scents of ingredients from his recipes. “When you smell the perfume, you first get a sparkling citrus top note, and that’s based on one of my signature cocktails that includes blood orange, lime, and tequila. It’s called the Chupacabra,” he explains in our celebrity interview. “Once it settles in, there’s a rich dessert note there, and that’s another one of my recipes called the French Toast Crunch. It’s dessert French toast that’s crusted in cornflakes, and it has drizzled honey and hot Nutella and chocolate dusted with some powdered sugar. It’s cooked in brown butter, so it’s really rich and multidimensional.”

Related Link: [Giveaway: Smell Great with Clique by Roblé](#)

Much like filming a reality show or cooking in the kitchen, creating a fragrance takes a lot of time and dedication. It took over a year of extensive testing to narrow it down to just one scent. To test the final two options, he gathered a group of women – and a few men too – to share which one they liked best. “The other one is really good too, so who knows? We might do something with that one day. Right now, we’re just focusing on rolling out Clique by Roblé,” he shares. “I just want to get it in front of people. It will sell itself. It’s something I’m really proud of, and we got really good feedback.”

Bravo Reality TV Star Shares Dating Advice

Chef Roblé imagines this scent being something for everyone, whether it’s being worn for a day in the office or a date

night at home. When it comes to wowing your special someone with a home-cooked meal, he suggests finding out what he or she likes. "I wouldn't do a whole bunch of guessing. You can put all this energy into something you think is nice, but what if that person doesn't like red meat? Or maybe they're allergic to shellfish, and you just made a lobster bisque," he explains of his dating advice.

Related Link: [‘Food Network’ Host Claire Robinson Says, “Food Is the Key to Passion”](#)

As for his own date nights, the “single as a pringle” chef states that he would rather just go to a restaurant. This approach allows him to focus completely on his date and their conversation instead of running around and cooking during the evening. He may be single at the moment, but he's not one to look for a relationship and love. "If you look, it doesn't come. Whatever happens, happens," he admits. Still, he knows what he wants in a partner: He says his perfect woman is “good looking, has good morals, and smells delicious.”

Being a celebrity chef means meeting a lot of people, both famous and not, during his travels. Over the span of his career, Chef Roblé has prepared his signature dishes for the likes of Michael Jackson and his crew, Britney Spears, and President Obama. Plus, he's had the opportunity to cook alongside Mario Batali on *The Chew*. "He's my all-around favorite chef out there, and I got to work with him," he excitedly reveals in our celebrity interview. "That was definitely a memorable and great experience for me."

Related Link: [Mario Batali Shares His Tips for Cooking at Home on Date Night](#)

So what's next for the former reality TV star? He's in the process of coming up with concept and location ideas for restaurants, one on the West Coast and another one on the East Coast. They're still in the development stage at the moment,

but be on the lookout for more news over the next couple of months.

Besides the restaurants, he's also in the process of developing a line of wines – perfect for your next date night. There may even be some more television time in his future, but for now, he says he's too busy traveling to commit to filming. We'll all have to stay tuned to see what the chef does next!

To stay up to date with Chef Roblé's projects, follow him on Twitter @ChefRoble and www.facebook.com/ChefRoble/. Don't forget to enter our fragrance giveaway!

Valentine's Day Giveaway 10: Satisfy Your Sweet Tooth with PromaxLS Energy Bars





This post is sponsored by Promax Nutrition.

By Brittany Stubbs

With Valentine's Day in the air, you're surrounded by chocolate and sugar no matter where you look. We know you want to satisfy that sweet tooth, but that doesn't mean you have to feel guilty about it! With Promax Nutrition's new line of all-natural, lower sugar energy bars, you can indulge in three delicious flavors *without* worrying about the consequences.

Promax Nutrition is a pioneer in the fitness nutrition business. Their mission is to always deliver convenient, nutritious, high-performance products. Recognizing a void in the marketplace for tasty and healthy energy bars, they created PromaxLS in Chocolate Fudge, Peanut Butter Chocolate, and Peanut Butter Cookie Dough flavors. PromaxLS bars are all-natural, gluten-free, kosher, and vegetarian. Plus, they have 18 grams of replenishing protein and 14 grams of corn soluble fiber (56 percent average daily value).

PromaxLS also contains 40 percent less sugar than leading regular energy bars and are made with no artificial sweeteners

like sucralose, saccharin, and aspartame. To top that off, the energy bars contain no preservatives, high fructose corn syrup, trans fats, maltitol, or gelatin. Stevia is used in PromaxLS as an all-natural non-nutritive sweetener to make the bar taste great while containing only 9 grams of sugar versus 15 to 21 grams in other leading regular energy bars.

~~This Valentine's Day, CupidsPulse.com will be giving one lucky winner three boxes of these delicious energy bars from PromaxLS!~~

~~To enter for a chance to win please email cupid@cupidspulse.com with your full name, address, email, and daytime phone number NO LATER THAN 6 p.m. EST today. In the subject line, please write "PromaxLS." Winners will be contacted on Monday, February 17, 2014. You can enter each contest only once. Good luck!~~

Congratulations to Bari Rubin!

Open to US residents only.

Valentine's Day Giveaway 8: Signed Recipe Book from VH1 Mob Wives Star





This post is sponsored by Jennifer, Renee, and Lana Graziano.

By Kristin Mattern

One of the greatest ways to show someone you love them is by cooking them up a delicious meal. Another way some couples and families show their affection is by having a rousing argument around the dinner table while surrounded by a yummy landscape of food: a tradition carried on by the stars of *Mob Wives* and the Graziano sisters.

Mob Wives creator and executive producer Jennifer, *Mob Wives* star Renee, and restaurateur Lana have come together to provide you with sensational recipes that will make you a star in your own kitchen and give you something to banter over this Valentine's Day.

Their new book, "How To Use A Meat Cleaver" is a full-color cookbook which features 100 of their most-coveted family recipes including Lana's Famous Meatballs, Lobster Arriagiatta, Sunday Gravy, Sausage and Peppers, Fillet Mignon and more. The girls also share some personal family stories with their readers.

Instead of braving the crowds and eating mediocre-mass-produced-food this Valentine's Day, cook like a Graziano and create cuisine that will impress your partner or your girlfriends with your culinary prowess. After all, sometimes the way to someone's heart is through their stomach! Especially if you're dating a foodie.

~~This Valentine's Day, CupidsPulse.com will be giving away a signed copy of "How to Use a Meat Cleaver!"~~

~~To enter for a chance to win please email cupid@cupidspulse.com with your full name, address, email, and daytime phone number NO LATER THAN 4 p.m. EST today. In the subject line, please write "Cookbook." Winners will be contacted on Monday, February 17, 2014. You can enter each contest only once. Good luck!~~

Congratulations to Modesto Gallo!

Open to US residents only.

Valentine's Day Giveaway 1: Enjoy a Special Food Delivery from Goldbely





This post is sponsored by Goldbely.

By Kristin Mattern

Food can be a sensual experience as you and your date delve from sugary depths to rich heights and spicy plateaus. If your tastebuds are looking for a sensory playground that sampling a variety of cuisine afford, nobody delivers this kind of food discovery like Goldbely!

Founded by self-proclaimed food lovers on a quest for exquisite taste sensations, Goldbely believes that food is best enjoyed when shared with those you love and the best foods to share are those that excite the curiosity. By exploring the US for the most interesting kinds of foods, Goldbely connects foodies with delicious eats from gourmet food purveyors.

Maybe you live in Tennessee, and crave a real New York deli style pastrami on rye. Or you and your bestie are Washington natives dying to have some authentic Texas BBQ. Goldbely hooks you up with whatever food it is you yen for but are separated from by those long stretches of majestic fields of grain and

purple mountains. Why go out for Valentine's Day when you can have a unique dinner delivered right to your front door!

~~This Valentine's Day CupidsPulse.com will be giving away a \$50 gift card from Goldbely!~~

~~To enter for a chance to win please email cupid@cupidspulse.com with your full name, address, email, and daytime phone number NO LATER THAN 9 a.m. EST today. In the subject line, please write "Goldbely." Winners will be contacted on Monday, February 17, 2014. You can enter each contest only once. Good luck!~~

Congratulations to Briana Christina O'Halloran!

Open to US residents only.

Valentine's Day Giveaway 6: Cuddle Up While Eating Foxy's Premium Frozen Yoghurt





This post is sponsored by Foxy's Pash Premium Frozen Yoghurt.

By Louisa Gonzales

The next time you're looking for a gift idea for your partner, a BFF or even a crush you fancy, think outside of the box and opt for something unique, original and tasty like Foxy's Pash Premium Frozen Yoghurt. Not only do they have several mouth-watering flavors, but each bite is healthy as well. Plus, Foxy's is committed to using the best ingredients available to help create a truthfully unique product that can satisfy everyone's sweet tooth.

Never Been Pashed?

'Pash' is an Australian term for smooching. Foxy's knows that not all pashes are the same. Some pashes are romantic, some are fun, and some are just downright naughty. Foxy's line of frozen yogurts put the variety of sensations from a pash into a spoonful of delectable desserts. You can never have too many pashes on Valentine's Day, or in your freezer! Foxy's flavors include: Sassy Pash (vanilla bean with strawberry hunks), Cheeky Pash (mango and passionfruit smoothie), Sneaky Pash

(wildberry with real chocolate flakes), and Naughty Pash (honeycomb swirled with chunks of caramel).

Foxy's Premium Frozen Yoghurt is a 100% guilt-free premium frozen yogurt, made with real California milk and live cultures. The taste is rich and creamy, yet Foxy's Pash contains only half the calories, fat, and sugar of most name-brand ice creams.

~~This Valentine's Day, CupidsPulse.com will be shipping Foxy's Pash to one lucky winner!~~

~~To enter for a chance to win please email cupid@cupidspulse.com with your full name, address, email, and daytime phone number NO LATER THAN 2 p.m. ET today. In the subject line, please write "Foxy's Pash." Winners will be contacted on Monday, February 17, 2014. You can enter each contest only once. Good luck!~~

Congratulations to Raquel de Souza!

Open to US residents only.

Valentine's Day Giveaway 2: Give the Gift of Luxury with French Chocolate by zChocolat!





This post is sponsored by zChocolat.

By Brittany Stubbs

Sometimes, the sweetest way to that special someone's heart is through their stomach. zChocolat, the premiere online retailer of luxury chocolate gifts, will definitely make an impression this Valentine's Day with the zChocolate Romantic Collection.

All of zChocolat's recipes were created in France and are handmade by World Champion French Chocolatier and Pastry Chef Pascal Caffet. Caffet takes pride in handpicking top-quality raw materials and believes that premium ingredients are the key to creating the world's finest chocolates.

The masterpiece in the Romantic Collection is a voluptuous heart made of a half pound of chocolate and pure love. The four-inch wide heart, studded with roasted caramelized Piedmont hazelnuts, is the ultimate gift. It is available alone as a single heart or as two hearts.

Even if you don't have a Valentine this year, share the love by giving the zChocolat Romantic Collection to a special friend, client, or coworker. After all, *everyone* loves

chocolate!

~~This Valentine's Day CupidsPulse.com will be giving away a special gift from the zChocolat Romance Collection!~~

~~To enter for a chance to win a gift from the Romance Collection email cupid@cupidspulse.com with your full name, address, email, and daytime phone number NO LATER THAN 10 a.m. EST today. In the subject line, please write "zChocolat." You can enter each contest only once. Good luck! Winners will be contacted on Monday, February 17, 2014. You can enter each contest only once. Good luck!~~

Congratulations to Maria Morizio!

Open to US residents only.

Celebrate Valentine's Day with Van Gogh Vodka





This post is sponsored by Van Gogh Vodka.

By Maria Darbenzio

Valentine's Day is upon us, and that means dinner and drinks with your loved one. Van Gogh Vodka is the perfect addition to your romantic meal for two. This hand-crafted vodka is imported from Holland and crafted by second generation Master Distiller, Tim Vos.

As a pioneer in flavored vodka, Van Gogh Vodka has concocted a slew of vibrant flavors which include espresso, PB& J, rich dark chocolate, and 19 other brilliant choices. The bold flavors can stand alone or act as a mixer for some delicious vodka cocktails for the home bartender. Not only do they taste amazing, but there is an array of color with most of them, which can make for some beautiful-looking drinks!

If flavored vodka isn't your thing, not to worry: they also have two types of 80-proof unflavored vodkas available as well as their own Van Gogh Gin. No matter your taste preference, this company has you covered.

Try one of these cocktail recipes for the perfect marriage of flavors to woo your significant other.

My Honey Valentine (OUR FAVORITE)

(Created by Jonathan Pogash, The Cocktail Guru)

1-1/2 oz. Van Gogh Pomegranate Vodka

3/4 oz. pomegranate juice

1/2 oz. fresh lemon juice

1/4 oz. honey syrup (equal parts honey and hot water stirred until the honey dissolves)

Directions: Shake ingredients very well with ice, and strain into martini glass or over ice into a rocks glass. Garnish with a lime wheel.

Cool Peach Bellini

(Created by Jonathan Pogash, The Cocktail Guru)

1 oz. Van Gogh Cool Peach Vodka

1-1/2 oz. Peach Puree

3 oz. Prosecco

Directions: In a mixing glass, stir the vodka and puree well. Add the Prosecco with ice and gently fold the ingredients (without stirring too much, as this will remove bubbles). Strain into a chilled champagne flute. Top off with extra Prosecco and garnish with a fresh peach when in season.

Spice It Up

1 1/2 oz. Van Gogh Rich Dark Chocolate Vodka

3/4 oz. milk

1/2 oz. cinnamon syrup

Directions: Shake well with ice, and strain into martini glass. Garnish with a pinch of chili powder sugar (equal parts cayenne pepper and sugar).

For exciting news from Van Gogh Vodka, be sure to follow

their www.facebook.com/VanGoghVodkas,
www.instagram.com/vangoghvodka/, on Twitter @vangoghvodka, and
www.pinterest.com/vangoghvodka/ for updates.

Giveaway: Wine and Dine Your Man With Jam Jar Wines



This post is sponsored by Jam Jar Wine.

By Kerri Sheehan

No dinner date is complete without the perfect bottle of wine. A dry white wine naturally complements a piece of grilled salmon and some summer vegetables, while a robust red wine

pairs perfectly with a medium-rare filet and baked potato. If you're wondering what type of wine to buy for your next dinner date, why not reach for a bottle of Jam Jar Wine?

Related Link: [How Celebrity Chefs Love Their Mates With Food](#)

The company was born in 2009 out of the realization that there aren't a lot of options available to consumers seeking quality sweet wines. Many store-bought wines advertise a clean sugary taste, but in reality, they don't taste so good. That's not the case with Jam Jar Wines! These semi-sweet wines are made from grapes grown in the Western Cape of South Africa, which has a climate ideal for producing wines that offer a balance of sweetness and acidity.

Jam Jar Wines come in two varieties, and both are sure to make any date an all-night affair. The Sweet Shiraz is crafted in a lighter style than the typical Shiraz. With a fruity taste mixed with dark chocolate undertones, it's sure to leave you and your date wanting more. It's a versatile wine, so it goes great with anything from cheeseburgers to banana pudding.

The Sweet White is a 100 percent Moscato wine. This charming, easy-to-drink wine offers juicy flavors of peach, apricot, lychee, and orange blossom. A lively jolt of acidity keeps it fresh and fun. Fancy enough for a special occasion toast yet sweet-natured enough to enjoy every day, this beverage will certainly make your date night memorable.

Related Link: [Date Idea: Wine and Dine](#)

Jam Jar Wine's evocative packaging has a nostalgic, "retro" feel, topped with a screw cap and inspired by classic jam jar lids. With the holidays coming up, it's the perfect time to get your hands on a bottle (or two) of Jam Jar Wine. They're available nationwide with a suggested retail price of \$11.99.

To make drinking your wine even more enjoyable, one lucky CupidsPulse.com reader will win a Jam Jar Wines gift bag

(sorry no wine can be included legally in this giveaway). However, the gift bag does include an insulated picnic wine tote (perfect for those romantic dates at the park!), a set of coasters, an apron, and some holiday chocolates.



~~GIVEAWAY ALERT: To enter for a chance to win the Jam Jar Wines gift bag, go to our [Facebook](#) page and click "like." Leave a comment under our giveaway post letting us know you want to win the contest. We will contact the winner via [Facebook](#) when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is 5pm EST on Monday, December 30th. Good luck!~~

Congratulations Lisa Knight!

Open to US residents only.

**This Holiday Season, Give the
Indulgent Experience of**

zChocolat



This post is sponsored by zChocolat.

By Kristin Mattern

From the time when European royals drank chocolate to when chocolatiers formed the delicious candy into bars and truffles, chocolate has always been a luxury treat. Eating chocolate is a sensation, tantalizing taste buds with silky textures and full cocoa flavors. Really delicious chocolate can even excite strong feelings of happiness and sometimes love. [zChocolat](#) knows quality matters most in creating a riveting chocolate experience. When giving that special someone a box of chocolates this holiday season, zChocolat's line of gourmet chocolates raises the spatula and goes beyond the bon-bon wrapper.

zChocolat is created in France by World Champion Chocolatier Pascal Caffet and ships worldwide. Each mini masterpiece is made using high-grade, single-origin chocolate from Venezuela, the Ivory Coast, and Bolivia. The devilishly rich ganache is prepared with top-shelf quality butter and cream from Normandy, and even the nuts are ensured to be nothing but the best, hailing from Spain and Italy. These worldly ingredients combine in 26 different ways to please even the most particular chocolate connoisseur.

Luxury doesn't stop at the wrapper with these chocolate dreams. zChocolat nestles their exquisite creations inside of a gorgeous box for a truly memorable treat. Impress your honey this Christmas by choosing from an elegant handcrafted mahogany box or a holiday-special crimson box. To further customize this stocking-stuffer, you can include a personal photo, logo, or card inside and even have the zChocolate box engraved. Plus, you can hand-select the chocolates to fulfill their coconut cream and chocolate toffee fantasies!

We at CupidsPulse.com had the privilege of indulging in these delectable chocolates, and all we can say is wow! zChocolat more than delivers on its promise of offering superb chocolates. Each piece is creamy and well-balanced, and all of the unique flavor notes from almond to red pepper can be tasted in each bundle of chocolate sublimity. All of the girls in the office agreed that if our man got us zChocolat as a gift, we'd be ecstatic. And now, one lucky CupidsPulse.com reader will get to enjoy a box of decadence as well!

~~GIVEAWAY ALERT: To enter for a chance to win, go to our [Facebook](#) page and click "like." Leave a comment under our giveaway post letting us know you want to enter the contest and what you love most about chocolate. We'll contact the winner via [Facebook](#) when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is December 23rd at 5 p.m. ET. Good luck!~~

Congratulations Barbara Merrill!

Open to US and Canada residents only.

Exclusive Celebrity Interview: 'Food Network' Host Claire Robinson Says, "Food Is the Key to Passion"



Interview by Priyanka Singh.

Chef Claire Robinson is perhaps best known for her Food

Network show *5 Ingredient Fix*. But does she use only five ingredients when cooking at home? “I’m all about few ingredient cooking, which really focuses on the quality of the ingredient and the balance within each recipe,” the reality TV host explains in our [exclusive celebrity interview](#). “I’m looking for power-packed punches of flavor!”

Related Link: [‘The Chew’ Host Carla Hall Talks Winter Dinner Date Ideas](#)

Reality TV Chef Claire Robinson Shares Recipe

Plus, she reveals how the Flavor Forecast by McCormick helps her overcome “writer’s block” when she’s developing new recipes. Celebrating the Chilies Obsession of 2014, she teaches us how to make the Three-Chile Mole Fondue. She also encourages viewers to introduce fun and exciting recipes to their partners – and she’s got just the way to do it. “Try some of these new flavors!”

And, of course, we had to ask if food is truly the key to a man’s heart: “Food is the key to memories; food is the key to passion,” she candidly shares in our exclusive celebrity interview. “It’s the one language we all speak.”

For more information on McCormick’s Flavor Forecast, visit <http://www.mccormick.com/Flavor-Forecast>.

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

'The Chew' Host Carla Hall Talks About Thanksgiving Dinner and Date Night



If you're hosting Thanksgiving dinner this year and are tired of the same old marshmallow-covered sweet potato casserole, dried out stuffing, and gel-like gravy ladled over tough turkey, update your family's traditional meal with tips from *The Chew* host Carla Hall. Follow her advice on how to put personal pizzazz into classic Thanksgiving dishes. With the cool weather and holiday season quickly approaching, Hall also provides dinner date ideas for those chilly winter evenings spent with your sweetie.

Related Link: ['Top Chef' Alum Richard Blais on Healthy Holiday Cooking](#)

For more information on Hall, visit www.carlahall.com/.

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

How do you plan to revamp your family's Thanksgiving traditions this year? Share with us in the comments below!

Take a Cue from 'Dancing With the Stars' and Enjoy Celsius Negative Calorie Drink!



This post is sponsored by Celsius.

By Kerri Sheehan

It's no secret that the *Dancing with the Stars* cast works up a sweat practicing and performing all of those dance routines every week. And, to start this year's competitors off on the right foot, Celsius gifted the cast with their negative calorie drink. After all, clinical studies show that drinking a refreshing sugar-free Celsius before exercising (or dancing) helps burn up to 100 calories or more per serving. It also boosts metabolism, reduces body fat, increases endurance, and provides lasting energy to power you through your routine and beyond. Stars of the show like Karina Smirnoff, Witney Carson, Jack Osbourne, Corbin Bleu, and new hottie Gleb Savchenko sipped on a nice cold Celsius to kick off the season premiere.

Celsius is powered by MetaPlus®, a blend of ingredients designed to work together to increase calorie burning over a three-hour period. It will make you feel great and ease your mind knowing that the blend of healthier ingredients such as Green Tea, Ginger, Calcium, Caffeine, Guarana, and Vitamins B and C are fueling your body. Even better, studies show Celsius may reduce body fat, increase endurance, and provide greater resistance to fatigue (which means increased energy).

And the team at CupidsPulse.com knows that looking your best and having more energy is great way to boost your dating life! And, for those couples out there, why not use that extra energy you get from Celsius to surprise your lover with a spontaneous date night. This blend of increased endurance and resistance to fatigue is also what the *Dancing with the Stars* cast needs to wow the judges!

It comes in five delicious natural flavors: two non-carbonated green tea flavors, Raspberry Acai and Peach Mango, as well as three sparkling flavors, including Orange, Wild Berry, and Cola. Celsius is also available in "On-the-Go Stick Packets" or powdered drink mix (30 serving canister) that can be added to water or your favorite non-carbonated beverage for a

delicious orange flavor. Grab the healthy alternative negative calorie drink before your next exercise activity and see the difference!

Now, one lucky CupidsPulse.com reader will get to enjoy this fabulous negative calorie drink! We're giving away a swag bag just like the one given to the *Dancing with the Stars* cast. The bag, valued at \$125, includes: a Celsius tank top, a drawstring gym bag, water bottle, one can of each Celsius flavor, and on-the-go-sticks.

~~GIVEAWAY ALERT: To enter for a chance to win the Celsius gift bag, go to our [Facebook](#) page and click "like." Leave a comment under our giveaway post letting us know you want to win the contest and what your workout plans are. We will contact the winner via [Facebook](#) when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is 5pm EST on Monday, November 18th. Good luck!~~

Congratulations to Claudia Gould!

Open to US residents only.

Get Slim With Your Man Before The Holidays With BistroMD's 17 Day Diet Meal Delivery & Contest



This post is sponsored by bistroMD. Photo provided by the company.

By Priyanka Singh

The holiday season is just around the corner, and it's almost time to bring your family and friends together for all of the festivities. If you're looking to put your best foot forward and unwrap a slimmer you before you sit down for Thanksgiving dinner, then bistroMD's 17 Day Diet Meal Delivery is just the thing for you! Not only will you impress your loved ones, but you'll be the ultimate arm candy for your man after shedding those pesky pounds with this diet program.

Preparing meals will no longer be a hassle since this 17 Day Diet is delivered to you without the fuss of cooking, cleaning, and shopping for ingredients. You get seven breakfasts, seven lunches and seven dinners delivered right to your home for only \$184.90 per week. That means, less time in

the kitchen and more time to celebrate with your significant other or mingle with some Christmas cuties.

Sometimes, starting a new diet plan is better when you have a partner to join you, so get your man involved and participate in the 17 Day Diet together. With delicious meals like creamy mushroom omelets, Mediterranean chicken, and even a nice festive roasted turkey breast meal with gravy, you'll both be full, happy, and healthy.

The 17 Day Diet not only helps you lose weight fast, but it ensures that you keep it off as well! The diet utilizes a process called "metabolic confusion" that provides variations in the meals and enables you to shed pounds on a daily basis. Not only are the meals consistent to the diet plan, but they're also hand-prepared by chefs and can be customized to accommodate your specific dietary restrictions. These meals also do not contain artificial sweeteners, MSG, or trans-fat, so you can feel good about what you're eating *and* how you look.

Want to win a month's worth of the 17 Day Diet Meal Plan? Enter bistroMD's "Tweet to Lose" contest and you could win breakfast, lunch and dinner for four weeks, delivered straight to your doorstep and valued at \$739. Two other winners will also have a chance to win the [17 Day Diet by bistroMD](#) for one week, valued at \$184.90. Sign up for the contest between Friday, November 1st and Tuesday, November 12th!

If you don't win, you can still get FREE SHIPPING of the 17 Day Diet Delivery FOR LIFE! For more information, follow bistroMD on Twitter and Like them on Facebook. Happy eating!

*Weight loss of 1-2 pounds per week is typical. Some individuals may lose more or less, based on individual traits.

“Bigger is Better”: Mob Wives “Big Ang” Launches New Wine Line in NYC!



By Priyanka Singh

“Bigger is better” is the motto this vivacious star lives by, and she’s certainly living up to that reputation! Angela Raiola, otherwise known as “Big Ang” from the popular reality television series *Mob Wives*, had an official launch party for her new product, BigAngWines on October 24th at Tello’s NYC. The authentic Italian restaurant was an intimate gathering of friends and family celebrating her newest liquor venture,

which included Cabernet, Chardonnay, and Prosecco. Attendees were invited to taste samples from her collection, check out the elegant wine bottle design, and enjoy a customized cake made to replicate the bottle design itself!



Big Ang poses with her customized wine bottle cake at her official launch party.

When asked what inspired her to create her own variety of wine, the VH1 star said, “I do own two bars; my family was in the bar business; and my mother and father were bartenders too. I just thought, ‘Bars, bartenders, wine – it all went together.’”

Between launching her new product and shooting for her new reality series *Miami Monkey*, this lady is pretty busy. So we wanted to know how she finds time to balance her work and her relationship while keeping things so young and fresh. “It’s hard. As you know, I have a husband, and he just comes along with whatever we do. He’s there for me. I also have a family who stands behind me, and someone needs to make the money! It’s all about the money,” the star says with laughter. “I’m

not home much, but it works! The less you're with the husband or wife, the better. When you're with each other constantly, you get under each other's skin."



Big Ang and her husband, Neil pose for the camera at her official launch party.

'Big Ang' adds that, when it comes to the dynamic between a couple, "the husband should always love you more than you love him." And for all of you singles out there looking for some premium dating advice, the reality star herself suggests, "Don't ask any questions and don't tell them anything. Just enjoy the dinner and the drinks!"

To purchase any one of the three varieties of her new collection, check out BigAngWines.com! Don't forget to follow her on Twitter @BigAngWines and 'Like' Miami Monkey on Facebook.

'Top Chef' Alum Richard Blais on Healthy Holiday Cooking with Benefiber



Interview by [Lori Bizzoco](#).

Viewers of *Top Chef* recognize Atlanta chef Richard Blais as the runner-up during the reality show's fourth season and the winner of season eight, *Top Chef: All-Stars*. What may surprise fans, though, is his new found passion for healthy cooking. It even surprised the chef himself: "I would never have envisioned that I'd be standing here today talking to you about being a dedicated chef to health and wellness." In our interview, he discusses the importance of fiber and makes raw oatmeal risotto using Benefiber.

Related Link: [Wolfgang Puck of 'Top Chef: Seattle' Says Taste Is the Most Important Part of Cooking for Your Loved Ones](#)

While the reality star handles most of the cooking duties at home, he knows a thing or two about sharing space in the kitchen. "My kids do cook. We're getting them involved," Blais shares of his daughters, ages five and almost three. "I think it's really important to build a healthy relationship with food with your kids, whether that's going to the farmer's market, going to the grocery store, or getting them at the stove with you."

He adds, "We just made one of these recipes at home – blue corn meal pancakes – with Benefiber."

For more information, check out Benefiber on www.facebook.com/Benefiber.

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