

# Food Trend: Breadfruit is the New Superfood



By Carly Silva

Superfoods are great to implement into your diet! They are some of the healthiest food options and have multiple health benefits. Of course, everyone is familiar with the more popular superfoods, such as avocado, salmon, and spinach, but have you ever heard of breadfruit? New research is suggesting that this starchy, green, tree-grown fruit may be a new superfood to add to the list.

**If you're looking for a new**

# **superfood to mix into your diet, here are five reasons why new food trend breadfruit might be the key:**

**1. Lots of nutrients:** Breadfruit is being discussed as a superfood mostly due to the nutrients it offers. Not only does breadfruit contain fiber and protein, but it also has nutrients like magnesium and potassium, and a low glycemic index.

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**2. Healthy grain option:** Researchers have tested breadfruit flour, which introduces a new gluten-free flour option. It is a healthy grain loaded with nutrients and provides higher fiber levels, too.

**Related Link:** [Food Trend: Health Benefits to Eating Mushrooms](#)

**3. Complete protein option:** Using flour produced from breadfruit is a complete protein option, one that is gluten-free and nutrient-loaded. Modern foods and diets are often reliant on gluten-free ingredients, so breadfruit may be a great superfood to add to your diet.

**4. Sustainable food source:** As more research is being conducted on breadfruit, scientists even believe that it may be a reliable source for food sustainability around the globe as well.

**5. Easy to prepare:** Breadfruit, which has a similar texture to that of a potato, has traditionally been cooked using fire, but can also be steamed, boiled, or baked, which makes for an easily prepared food.

**Can you think of other beneficial superfoods? Start a conversation in the comments down below!**

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# Food Trend: What's the Deal with Seaweed?



By Alycia Williams

Seaweed is the next big thing when it comes to the latest [food trends](#). It's becoming a must have for every household. As the seaweed trend grows, it's about time you know why seaweed could be beneficial for you.

**In this food trend, find out the**

# benefits for eating seaweed.

**1. Seaweed is packed with umami:** Seaweed contains a lot of flavor. The secret is behind all that is that it has a high level of glutamic acid, which is in the flavor enhancer MSG, and it's found in a natural form in almost all sea vegetables.

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**2. The most nutrient dense food on the planet:** With iodine that promotes a healthy functioning thyroid, soluble fiber, calcium, omega 3s, anti-oxidants, and a host of other minerals and vitamins. The demand for healthy foods have entered the mainstream and seaweed is riding this trend.

**Related Link:** [Food Trend: Health Benefits to Eating Mushrooms](#)

**3. Great source of complete proteins:** The plant-based protein movement is experiencing explosive growth due to increasing consumer awareness of health with anywhere from 3-50% of complete proteins depending on the varietal.

**4. Extremely low-impact food on the planet:** It requires no fresh water, no fertilizer, no feed, and no pesticides. It also absorbs about 7 times more CO<sub>2</sub> than any land-based plant and studies have shown it reduces ocean acidification.

**5. Good for your heart:** Many people do not realize how essential seaweed is in keeping the heart-healthy. A single serving of Seaweed every day will help with staving off heart disease, stroke, and other cardiovascular illnesses. This is due to vitamin B9 and folate found in this amazing water-based plant. It all comes down to an amino acid called homocysteine.

**6. Source of protective antioxidants:** Even just a small amount of seaweed eaten on a daily basis will give you a wealth of health benefits. Just two tablespoons of seaweed are enough to

fulfill nearly a quarter of your daily recommended intake of vitamin C as well as vitamin A. These vitamins are powerful antioxidants that assist the body in fighting off disease and infection.

**7. Supports oral health:** There are many ways to help strengthen your teeth and improve your oral health. The best way is to consume drinks and food with low acidity like seaweed. It also contains a substance proven to kill oral bacteria.

**What are some other benefits for eating seaweed? Start a conversation in the comments below!**

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## **Food Trend: Health Benefits to Eating Mushrooms**







By Alycia Williams

Mushrooms are constantly looked upon as dirty, nasty fungi, and although it is a fungi, that doesn't mean that mushrooms should be ignored. As the mushroom [food trend](#) is on the horizon, it's time to get some [food advice](#) on why we should appreciate mushrooms more.

## In this food trend, check out the benefits of eating mushrooms.

Here are some benefits:

**1. Mushrooms may help keep you young:** Mushrooms contain a super-high concentration of two antioxidants, ergothioneine and glutathione. When these antioxidants are present together, they work extra-hard to protect the body from the physiological stress that causes visible signs of aging.

**Related Link:** [Food Tips: Juice Cleanses Do's and Don'ts](#)

**2. Mushrooms can protect your brain as you age:** Those two

aforementioned antioxidants (ergothioneine and glutathione) may also help prevent Parkinson's and Alzheimer's. It's recommended that you eat at least five button mushrooms per day to reduce your risk of neurological illness in the future. Cook the 'shrooms to best preserve their nutritional benefits, either by microwaving or grilling.

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**3. Mushrooms may boost your memory:** Another mental mushroom-related benefit: eating two 3/4 cup servings of cooked mushrooms per week may reduce your odds of mild cognitive decline.

**4. Mushrooms can help your heart health:** Mushrooms help recipes taste better in place of salt because they contain glutamate ribonucleotides. Those compounds contribute a savory taste with no ramifications for your blood pressure or heart disease risk. An entire cup of mushrooms has only 5 mg sodium! Mushrooms also make an excellent, satisfying substitute for red meat in any dish, eliminating calories, fat, and cholesterol from the equation.

**5. Mushrooms can assist in strengthening your bones:** UVB-labeled mushrooms have been exposed to sunlight during their growth period (as opposed to mushrooms that are grown in the dark), and therefore have converted a compound called ergosterol directly into vitamin D. This means by eating just 3 ounces of UVB-exposed mushrooms, you've met your daily vitamin D requirement and given your bone health a leg up.

**6. Mushrooms will help give you energy:** Mushrooms are rich in B vitamins. These help the body utilize energy from the food we consume and produce red blood cells, which carry oxygen throughout the body.

**What are some other benefits to eating mushrooms? Start a conversation in the comments below!**

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# Food Tips: Juice Cleanses Do's and Don'ts



By Alycia Williams

Navigating juice cleanses can be so difficult. It can be hard to determine how, when, or why to do them. If you need some [food tips](#) on juice cleanses, today we're going some over some do's and don'ts. Here is the [food advice](#) for this [food trend](#).

**In these food tips, check out some**



# advice for juice cleanses.

**1. Do choose a cleanse that's right for you:** There are so many different kinds of juice cleanses, and there is definitely one that is right for you. Some people have pressed juice only, others just cut out things like alcohol, caffeine, processed or refined foods, sugar, gluten, common allergens and animal protein. Most people feel much more energized and satiated when they include lean protein, and/or raw veggies and fruits they can chew, rather than juices that are gone in a few gulps. It's perfectly OK to "cherry pick" from various plans to create a program that feels right for you.

**2. Don't do it to be trendy:** If you're going to do a juice cleanse, make sure its because you really want to do it and not because your friend is doing one. Those who follow trends usually have a much harder time sticking to it, and when people who aren't really committed to cleansing their body doing them, they end up binge eating after the cleanse.

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**3. Do use the cleanse/detox as a gateway to a healthier lifestyle:** When you finish the juice cleanse, do your best to keep a healthy diet. You can open up your diet to more than just vegetable juice, but try to stay away from sugar-filled foods and drinks.

**Related Link:** [Food Trend: 5 Benefits of Lavender Lemonade & Tea](#)

**4. Don't start working out consecutively:** The juice cleanse is made to clean your body of previous unhealthy eating and toxins, not to lose weight or gain muscle. If you start working out while having this limited eating diet, you're in for the worst. You'll experience dizziness, tiredness, and nausea. Wait until after you finish the cleanse to then start

working out.

**5. Do stay hydrated:** Make sure that you're not just relying on the juice to keep you hydrated. Drink water as well. 8-10 glasses a day is perfect to go along with your juice. Herbal teas are helpful as well.

**6. Don't ignore hunger pains:** If you ignore your hunger you'll be subjecting yourself to some harsh side affects. If you get hungry just simply munch on a fruit or vegetable.

**7. Do try it with a friend:** Since juice cleanses can be so difficult especially when you get tired of eating fruits and vegetables doing it with a friend can be fun and you guys can keep each other on the cleanse. It can also be a fun and healthy experience together.

**8. Don't end the cleanse without transitioning:** After only drinking and eating fruits a vegetables it is important that you don't jump into eating in large portions. Take your time and ease into those larger meals.

**What are some other do's and don'ts of juice cleansing? Start a conversation in in the comments below!**

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## Health Tips: Hand Out Healthy Halloween Treats





By [Ashley Johnson](#)

Trick-or-treating can be one of the most fun activities for kids once a year, but can also be one of the most unhealthy. In different countries, “the treats” people get can include anything from candy to money. While these kind of treats can be awesome to receive in your goodie bag, they are not the only ones. There are ways to have a fun, healthier Halloween all while still enjoying your favorite snacks.

## **Health Tips: Halloween doesn't have to be unhealthy. What are some healthy snacks you can hand out for Halloween?**

While most people stick to giving out candy for the holiday, there are ways you can switch it up this season. Cupid understands the importance of your child's [health](#) and has some [food advice](#) on what treats you can have as an alternative to

candy:

**1. Fruit snacks:** These snacks are easy to eat on-the-go and are good for your health. They are high in essential vitamins and don't contain any fat, cholesterol, or added preservatives. Fruit snacks are just as yummy as candy and are a great alternative.

**Related Link:** [Fitness Tips: Staying Healthy During the Holidays](#)

**2. Raisins:** The dried grape is tiny and comes in small red boxes that you can fit in your pocket if need be. Raisins are naturally sweet and rich in fiber, vitamins, and minerals. They also help with digestion, iron levels, and bone strength.

**Related Link:** [Fitness Tips: 6 Ways To Avoid Putting On Extra Holiday Pounds](#)

**3. Apples:** Whole fruit can be a great option for trick or treaters. They are just as sweet as candy, but unlike candy, they contain natural sugar. If you want to make them a little sweeter you can also add some caramel!

**4. Water:** A refreshing bottle of water can actually be beneficial for trick-or-treaters. After walking all night door-to-door, it will definitely be a treat for kids to receive. Water is the best option for them to re-hydrate during their festivities.

**What are some other healthy treats you love? Let us know in the comments below!**

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# Food Trend: 5 Benefits of Lavender Lemonade & Tea



By [Ashley Johnson](#)

Summer may be long over, but you can still enjoy all the benefits of a nice colorful, refreshing glass of lavender lemonade or tea. Lavender is an essential oil that has been used for its healing properties for ages. It is one of the purest forms of medicine and therapy today.

**With lavender lemonade and tea gaining popularity, how can you**

# make sure you get the most out of this latest food trend?

There are many pros and [health](#) benefits to consuming this sweet refreshing concoction. Here is some [food advice](#) on how you can use this [food trend](#) to your own benefit:

**1. Helps skin:** It can take a while to find your perfect skin care routine. If you would like to go the more natural route, lavender lemonade and tea make a decent option. The essential oil's antioxidant properties can help treat blemishes and inflamed areas on the skin. It may even help speed up the process of wound healing.

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**2. Relieves anxiety:** The purple drink has been known to improve people's moods. Lavender contains anti-depressive properties so whether you are suffering from anxiety or depression, a glass of the drink can put you in a better mood.

**3. More sleep:** Having a good night's sleep is probably one of the best feelings ever. If you have insomnia or trouble sleeping, lavender teas can serve as a sleep aid that will not only help you get to sleep, but will help you stay asleep.

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

**4. Supports digestion:** The essential oil can help soothe digestive issues ranging from diarrhea to nausea. The anti-inflammatory properties of lavender help soothe irritated stomach muscles, eliminating stomach pain and making digestion much easier for the body.

**5. Reduces headaches:** If you suffer from chronic headaches like myself, this benefit can definitely be a game changer. If you are not a fan of having to rely on medication, lavender

lemonades and teas can serve as a natural anti-inflammatory for headaches too. Lavender aromatherapy in general has been linked to an increased pain tolerance in people.

**How will you incorporate lavender lemonade/tea into your diet?  
Share in the comments below!**

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## **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](#).

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## 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!

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## Celebrity Interview: Chef Byron Talbott Talks Lunch Foods & Date Night Desserts



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

Chef Byron Talbott is one of the most popular cooks on the internet, garnering a total of 1.4 million subscribers on YouTube. He serves not only good looks on the video-sharing website, but also serves up a mean dish of chicken milanese. From the main course to dessert, this celebrity chef has [food tips](#) and tricks, whether it be for ratatouille or churro bites.

## Celebrity Chef Interview: Byron Talbott Talks Lunch Foods & Cooking For His Wife and Kids

In a recent [celebrity interview](#) with *CupidsPulse.com*, Talbott talked about his fresh culinary creations and new collaboration with Hillshire Farm. The chef has created a line of Hillshire Farm-based sandwiches for everyone to try! Some of the classics that he has recreated include the Portland Italian Grinder and Spiced Cubano. In addition to admiring savory sandwiches, he talks about lunch with his children and some of the craziest dishes he's ever made.

**Related Link:** [Celebrity Chef Recipes for The Perfect Breakfast In Bed](#)

While sandwiches can be one of the simplest foods to make for lunch, Talbott considers them the most important! "I always think that lunch is probably more important than breakfast in the sense that everyone is looking forward to their lunch break," he says. The chef explains that his spread of sandwiches can be a healthy option to make at home with your wife or for your kids, as they contain no preservatives, and no nitrates or artificial flavoring. While these sandwiches are healthy, that certainly does not mean that they are not delicious! Talbott explains that you can switch it up and use

different meats to make certain classics like the Spiced Cubano. The chef recommends the classic be served with Hillshire Farm's sliced honey ham and premium carved honey ham and adds that it of course cannot be complete without butter pickles, spices, and cheese! It is classics like these that "warm the soul," according to the YouTube star.

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

When the celebrity chef is not making lunch for his kids, he is usually trying to impress his wife with a fancy dessert. Soufflés are an iconic dessert for any occasion, however the chef says that they can be quite tricky to bake. "Soufflés, they're like hit and miss... macaroons they're a hit or miss," he says. So, if you are looking for date ideas on how to impress your loved one, maybe hold off on the baked egg-based dish. While he has had plenty of culinary failures in his life, he says "you just learn and go." The well-seasoned chef is also not the only chef in his household. His wife, Rachel, also knows her way around the kitchen, as the two met in culinary school when they were younger. Together, they take turns in making the best, most healthy meals for their kids!

Keep up with Byron on Twitter [@ByronTalbott](#) and [Instagram](#)

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

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## 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.

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**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.

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**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!**

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## **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.

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**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?

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## 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.

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**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 CO<sub>2</sub>. 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!

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## Food Trend: CBD-and Cannabis-Infused Food





By [Mara Miller](#)

The National Restaurant Association recently surveyed 650 professional chefs about the top culinary and restaurant trends for 2019 and found that three out of every four chefs said CBD- and cannabis-infused foods will be a top [food trend](#), according to *CNBC.com*. Cannabis remains illegal at the federal level, but has been legalized in 10 states for recreational purposes. CBD oil lacks THC, which is the component of cannabis that intoxicates the user. The article also reports that some restaurateurs want to get in on the trend with less scrutiny and so they have turned to private clubs to offer these dishes. And, while some states have legalized cannabis and most [CBD products](#) became legal under federal law in December, some restaurants with chefs who offer CBD and cannabis-infused foods may get points docked by health departments because it does not have FDA approval.

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

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

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

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

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

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

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

**What are some other benefits you can see from CBD oil? What about cannabis, if it were to become legal in all 50 states? Let us know in the comments below!**

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# Food Trend: 5 Best Mocktail Recipes



By [Mara Miller](#)

Do you ever feel like drinking cocktails out with friends, but don't want to deal with the hangover the next day after? Mocktails have been gaining popularity as a [food trend](#). They're great because you get to have your favorite drink while you're the designated driver for your friend's birthday or want to avoid the extra calories that can be packed in traditional cocktails. Restaurants are adding more mocktail recipes to their menu as a nonalcoholic option for those who don't want the effects of alcohol, but who still want to join in the fun of a night out with friends.

# Food Trend: 5 of the Best Mocktail Recipes

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

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

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

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

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

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

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

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

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

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# Food Trend: Rolled Ice Cream



By Megan McIntosh

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

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

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

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

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

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

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

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

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

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**Food Trend: Probiotic Products**





By [Mara Miller](#)

Taking probiotics is a growing [food trend](#) you don't want to ignore. In this [food advice](#), we'll talk about products you can use to introduce probiotics to your body. Gut health can affect everything from your sleep to what kind of foods you can tolerate. It isn't fun to think about the bacteria that live inside of our bodies, but it's important to take care of the good bacteria living in our guts so we can continue to be healthy.

## Food Trend: Probiotic Products

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



packed with salt.

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

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

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

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

**4. Probiotic Shots:** This might not sound particularly appetizing, but probiotic shots are packed with the good bacteria you need for your gut. They can either be mixed in a morning smoothie or swallowed down like a shot of whiskey...only they're a lot healthier for your body.

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

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

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# Food Trend: Traditional Sunday Meals



By [Lauren Burczyk](#)

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

# Here are some traditional Sunday meal food ideas:

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

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

**2. Balsamic Roast Chicken:** This surprisingly simple-to-make roast chicken will have your family running back for seconds. This Sunday-special chicken is flavored with rosemary, wine, and balsamic vinegar.

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

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

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

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

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

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# Food Trend: Dessert Hummus



By [Mara Miller](#)

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

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

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

**[Snickerdoodle Hummus](#)**: This hummus has chickpeas infused with cinnamon, coconut sugar, and vanilla. It's best served with strawberries, but also works with pretzels, apple slices, and rice cakes.

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

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

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

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

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



It's typically a hit with the kids, too!

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

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

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## 5 Food Trends to Watch for in 2019





By [Lauren Burczyk](#)

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

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

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

increase the quality of the food that we're enjoying.

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

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

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

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

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

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

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

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



By [Courtney Shapiro](#)

It can be difficult to decide what to do with all of the food that doesn't really get used in your pantry. You don't want to let it go to waste because you spent money on it, but you also aren't really sure how to utilize the items. A helpful current [food trend](#) is finding ways to use the excess foods in your pantry so they don't get thrown away. Take a look at our [food advice](#) on what you can do with the leftovers so your money doesn't go to waste.

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

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

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

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

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

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

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

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# Food Trend: 3 Things to Know About Fermented Food



By [Mara Miller](#)

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

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

1. **Fermented food has health benefits:** It balances the good

bacteria through probiotics. Fermented foods are a great source for natural probiotics. It helps you maintain your gut flora—over 400 bacterial species that aid in digestion.

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

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

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

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

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

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## Food Trends: Floral Flavors Are The Next Big Thing





By Lauren Burczyk

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

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

**1. Earl Grey Rose Nectar:** This delicious pick-me-up drink contains earl grey tea, sweet rose essence, and is naturally sweetened with dates and lucuma powder. It's the perfect thing

to serve at your next book club or brunch gathering!

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

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

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

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

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

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







By [Jessica Gomez](#)

Veganism is growing rapidly! We can tell by the number of restaurants popping up in populated cities – New York City being one of them. There are many delicious New York restaurants that both vegan and non-vegans alike enjoy. In New York City, there is so much variety and that serves true for the vegan restaurants. Want to know which yummy places to dine at pronto?

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

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



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

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

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

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

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

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

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

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

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

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## Food Trend: Pot Pies Are Back





By [Ivana Jarmon](#)

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

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

**1. Ingredients:** For your crust: 2 cups gold Medal™ all-purpose flour. The 1 teaspoon of salt, 2/3 of a cup plus 2 tablespoon shortening and 4 to 6 tablespoons of cold water. For your filling: 1/3 cup of butter/margarine, 1/3 cup chopped onion, 1/3 cup of all-purpose flour, 1/2 teaspoon salt, 1/4

teaspoon pepper. Next, you will want to add 1  $\frac{3}{4}$  cups of Progresso™ Chicken broth (from 32-oz carton), 1.2 cup milk, 2  $\frac{1}{2}$  cups of shredded cooked chicken or turkey and 2 cups frozen mixed vegetables, thawed.

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

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

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

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

**4. And the next step:** In a 2-quarter saucepan, melt butter over medium heat. Add onion and cook for 2 minutes stirring it frequently, until its tender. Stir in flour, salt, and pepper until its well blended. Steadily add in your broth and milk while stirring, cooking and stirring until it bubbles and thickens. Add your chicken and vegetables and remember to keep stirring. Next, remove from heat. Spoon into crust-lined pie plate.

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

sure to trim, seal and crimp or flute edges.

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

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