

# Food Trend: 5 Festive Dessert Ideas for the Holidays



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y Nicole Maher

The holiday season is upon us, whether we're ready for it or not. Between buying gifts and decorating your house, you may also be tasked with creating the perfect holiday dessert for your gathering this year. If you are mildly dreading the idea of preparing a dessert, or want something different from the traditional fruitcake, check out some of the following [food trends](#) for creating a fresh and unique dessert that will leave your guests asking for the recipe.

# Try some of these food trends for creating your most festive holiday desserts.

**1. Cheesecake squares:** A simple holiday dessert option is cheesecake squares. Mix together cream cheese, sugar, sour cream, and eggs to create the standard base, then add in your favorite flavors and toppings. Rather than shaping your creation into the classic round cake, place the mixture in a square pan and cut the finished product into squares for the perfect bite-sized pieces. Make this dessert even more festive by using strawberries as Santa hats on your finished squares.

**Related Link:** [Love & Libations: 'Tis The Season For Punch](#)

**2. Rice Krispie treats:** If you're looking for a dessert that requires minimal ingredients and no baking, rice krispie treats are the way to go. Simply melt down some marshmallows and butter on top of the stove and add in your Rice Krispies. Make this dessert even more festive by cutting the finished product into different shapes, such as Christmas trees and Santa hats. Add some red and green sprinkles to finish them off. This is also a great gluten-free adaptive dessert, as you can easily swap the Rice Krispies for a different gluten-free cereal like Fruity Pebbles or Lucky Charms.

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**3. Traditional cookies:** There is no going wrong with an old-fashioned holiday cookie. It is likely that your family has a recipe that has been passed down over the years, making this the perfect holiday dessert option to pull out every year. If you don't have a go-to family recipe, take the opportunity to start the tradition yourself. Go for something simple, such as the classic gingerbread cookie, or choose something that is unique to your heritage to add some extra meaning.

**4. Festive hot chocolate:** If you're not a huge fan of dessert, or anticipate being stuffed after your holiday meal, offering a dessert drink is a great alternative. Hot chocolate is the perfect option for creating a holiday-themed dessert that is lighter than a baked good. Take this food trend to the next level by allowing your guests to customize their drinks with different flavored syrups. Be sure to top the drinks off with some marshmallows and whipped cream!

**5. Holiday bark:** A great last-minute dessert option is holiday bark. Similar to Rice Krispie treats, holiday bark requires few ingredients and little prep time. It is also extremely versatile, and can be altered to whatever flavor profile you would like! Go for a classic holiday bark by using white and milk chocolate along with candy-cane pieces, or create your own unique recipe with different ingredients. M&Ms, pretzels, and toffee pieces make great toppings when creating a holiday bark perfect for your gathering this season.

**What are some other holiday dessert ideas? Start a conversation in the comments below!**

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## **Food Trend: Celebrity Summer Parties and Food Options**







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t can be tough even for celebrities to say goodbye to the summer season each year. Who can easily part with warmer weather and ample sun? Who can easily forget about time away from work and stress in general? Not many celebrities at all. Thankfully, there are some things that people can do to ease the pain a bit. Celebrities like to have a party for just about any occasion, so if summer is ending, this would be a perfect excuse for a party.

**If you want to throw a farewell-to-summer party for your beloved family members and friends like the celebrities do, then you should think about all of the food items and beverages that you may want to serve them. What good is a**

# summertime bash without tasty snacks and refreshing drinks, anyway?

People adore sipping on cool and delicious drinks during the summertime. If you want to take your party drinks to the next level, you should look into [Monin](#) Gourmet Syrups. These syrups can introduce amazing taste to all kinds of drinks. They come in diverse flavors like dragonfruit, chai tea, sea salt caramel toffee, iced coffee, and pine berry as well. Celebrity guests won't be able to resist enjoying drinks that have these interesting and memorable flavors.

There are all sorts of beverage options that are ideal for summer party fun. You should present your guests with many options in sodas. Be sure to offer "regular" and "diet" choices. Cover everything from classic cola and ginger ale to root beer and orange pop.

It can also help to present guests with juices. There are few things that can be more refreshing than fruit punch, orange juice, grape juice, apple juice, and anything else along those lines. Don't forget the crushed ice.

Food is an important consideration for any celebrity bash at the end of the summer months. If you want to celebrate the closing of the summer season, then it may be a good idea to go with food items that are on the light side. Think about putting together delicious finger foods of all sorts. It can be a terrific idea to allow your guests to nosh on mini sandwiches. Think about making them [healthy](#) with fantastic ingredients such as sliced cucumber, tomato, and avocado.

Salads also work like a charm for summer bashes. They're a lot like sandwiches in that they're not heavy food items at all. There are so many amazing ingredient options for summer

salads, too. You can go for garbanzo beans, edamame, tofu, grilled chicken, salmon bits, and the whole nine yards. Try to present your guests with as many salad options as possible. It can be nice to cater to people who have specific dietary preferences and requirements.

When you put your menu together, you should think about any and all vegans and vegetarians who may be on your guest list. Think about people who have gluten intolerances and sensitivities and who may not want to eat wheat and similar items. Think about people who like to consume raw foods. The more food options you have, the merrier.

You don't have to be a master chef to feed the guests of your farewell-to-summer party, either. There are many easy ways to feed people without even really having to set foot inside of a kitchen. You can feed your guests tortilla chips with salsa that's pre-made. You can give them the opportunity to feast on classic potato chips and onion or blue cheese dip, too. You can easily find all sorts of condiments at your local grocery store. It doesn't matter if you feed your guests sliced carrot sticks with natural peanut butter. It doesn't matter if you feed them pretzels with hummus dip, either. All that matters is that you think about pleasing as many palates as possible.

Note that you do not have to tackle food preparation duties for your summer bash all by yourself. If your party is going to be a particularly big one with dozens and dozens of guests, it may be too much to tackle food preparation tasks on your own. That's the reason it may be in your best interest to hire a local catering company. You should explore nearby catering businesses with all of the care and attention in the world. Try to zero in on companies that present their clients with plentiful and diverse food categories and approaches.



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# Food Trend: Breadfruit is the New Superfood



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y 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.

**Related Link:** [Food Trend: What's the Deal with Seaweed?](#)

**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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## Benefits of TikTok's Latest Food Trend: Cloud Bread



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y Nicole Maher

From rainbow bagels to edible gold, we certainly have seen no shortage of [food trends](#) introduced to us through our favorite social media platforms. Every day we log onto Instagram or Twitter, we will likely be faced with a new super fruit, elaborate dessert, or a full-on diet plan. The newest food

trend to make the list, brought to us by none other than Tik Tok, is cloud bread. Not only does cloud bread have a fun name and appetizing appearance, but it also comes with a long list of benefits. With its numerous uses and airy consistency, it may just be the newest must-have in your current diet.

## **Find out five benefits of cloud bread, the latest food trend from Tik Tok.**

**1. It's super easy to make:** There is nothing better than finding a recipe that consists of five ingredients or less, and cloud bread is just that. Not only is the recipe short and simple, it contains ingredients you most likely already have in your house. The basics are simple, eggs, sugar, cornstarch, and your choice of a flavoring extract.

**Related link:** [Food Trend: What's the Deal with Seaweed?](#)

**2. It's versatile:** Because there are so few ingredients, it gives you the liberty to change it up however you would like. While most recipes call for the use of almond extract, it can be substituted with other options such as orange or vanilla. The dough also takes well to food dye, and can be altered to any color of your choice. Try making the finished product more savory by topping it with bagel seasonings, or more sweet by adding a dusting of powdered sugar.

**Related link:** [Food Trend: What's With the Keto Diet?](#)

**3. It's low carb:** Cloud bread, as implied by its name, is light and airy. This fluffy consistency is the perfect way to lighten up a sandwich or bread-based dessert. The limited ingredients make this food trend a low carb bread substitute, as well as staying right around the forty calories mark.

**4. It's gluten free:** Many breads are a high source of gluten because of ingredients such as wheat, barley flour, or yeast. Cloud bread is a gluten free option because none of these ingredients are present in the dough. This makes it the perfect choice for someone who has a gluten intolerance, or simply tries to limit the gluten in their diet.

**5. It fits in the keto diet:** One of the most prominent diets at the moment, also made more popular through social media, is the keto diet. Despite the rumored benefits of a keto diet, it can be hard to follow because of the amount of foods it limits. However, with a few small changes, the new food trend of cloud bread fits right in. By substituting the sugar with stevia, and the cornstarch with cream cheese or cream of tartar, you will have a keto-friendly cloud bread that is identical to the original.

**Have you tried cloud bread? Share your experiences below.**

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







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y 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.

**Related Link:** [Food Trend: The Next Big Fruits & Vegetables Trends](#)

**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: The Next Big Fruits & Vegetables Trends



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y Alycia Williams

There are so many fruits and vegetables out there – many more than most of us are aware of. Just when you think you know all of them, there is another one that shows up and surprises you. That said, some are more popular than others. These [food trends](#) are usually dictated by chefs, consumers, and even social media. It's time to find out what's on the horizon as the newest [food trends](#) for fruits and vegetables.

# Find out the new food trends for fruits and vegetables.

**1. Seaweed:** One of the vegetables that's growing in popularity the fastest in restaurants is seaweed. It's now spilling over into the home through snack foods like seaweed chips. It's not only popular, but has great health benefits. Seaweed contains iodine and tyrosine, which support thyroid function.

**Related Link:** [Food Trend: Food for Your DNA](#)

**2. Jackfruit:** Other countries have been consumers of jackfruit for a long time, but it's recently become popular within the United States. Jackfruit is often used as a vegan protein for its meat-like quality when cooked. It's benefited from consumers moving toward the plant-based burger world. It's another way that restaurants can use plants to mimic meat.

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

**3. Honeynut squash:** This vegetable has a lot more flavor than a traditional butternut squash, and you don't have to use as much butter or maple syrup to make it edible. It's much easier to cook and chop. You don't have to cut it in half. We're seeing more and more retailers pick up honeynut squashes.

**4. Mushrooms:** Culinary forward mushrooms like chanterelles, king trumpets, lion's mane, and oyster mushrooms are really fun and have a lot of texture. They also have tremendous amounts of nutritional benefits, particularly vitamin D.

**5. Yellow dragonfruit:** Just like its pink and white cousin, the yellow dragonfruit has a yellow flesh and outside. It's much sweeter than the pink and white varieties you're used to. It's also low in calories and high in fiber.

**What are some other fruits and vegetables that are bound to be the next big thing? Start a conversation in the comments**



below!

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# Food Trend: Health Benefits to Eating Mushrooms



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y 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.

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**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.

**Related Link:** [Food Trend: Food for Your DNA](#)

**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 Trend: Food for Your DNA





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y Alycia Williams

“Everyone is different.” We’ve all heard this saying at least once in our lives, and it’s true we are all different all the way down to our taste buds. Have you ever wondered why you think something tastes amazing while your friend absolutely hates the exact same thing? That’s because depending on our DNA, things can taste differently. How does your genetic make-up influence your taste buds?

**In this food trend, check out ways DNA can affect how you experience eating food.**

Here are some key ways:

**1. Bitter blindness:** Some people have what’s called Bitter Blindness which basically means their taste buds are immune to things that are more bitter. These people usually have a better time eating vegetables, because most vegetables are loaded in PTC (phenylthiocarbamide), which is what makes

vegetables bitter. Those who can't taste it have bitter blindness.

**Related Link:** [Food Trend: Mood Foods](#)

**2. Hypersensitive, sensitive, and tolerant:** Not only are our taste buds different, but depending on your DNA, some people have more or less taste buds than someone else. You can have anywhere from 500-11,000 taste buds. Those who have more taste buds are considered hypersensitive tasters. Anything too bitter or too overpowering will be too much for a hypersensitive taster. People who have less taste buds are tolerant tasters, as there aren't many things that a tolerant taster can't eat.

**Related Link:** [Food Trend: What's the Big Deal With Hot Sauce?](#)

**3. Anxiety & depression:** There are some physical side affects to anxiety and depression that can affect your taste buds. Someone dealing with anxiety or depression can eat the most flavorful food on the planet, but it could taste like cardboard to them. Essentially, the brain's chemicals are in control of what you taste so when their levels are a bit abnormal, your ability to enjoy a food's distinctive flavor suffers.

**4. Carrier of the OR6A2 Gene:** Have you ever heard someone say they think Cilantro tastes like soap? That's because they have the OR6A2 gene. Approximately 14 percent of the population carries this gene, which actually makes cilantro taste like soap, while others are just tasting cilantro.

**5. The Womb Experience:** Depending on what your mother ate while you were in her womb can determine what you have a taste for once you're born. Once a baby is born, the baby will already know what the people in his or her culture eat and have a preference for these foods. That doesn't mean you can't acquire your own love for different kinds of food later on, though.



Do you know some other ways genetics influence your taste buds? Start a conversation in the comments below!

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## Food Trend: Oat Milk



y Diana Iscenko

Vegan-friendly alternatives have become super popular in the food world over the past decade. In terms of the [health trend](#) that is alternative foods, nothing else has risen to fame quite like oat milk. A study by the Specialty Coffee Association found that the popularity of oat milk has increased by 425% in the last year alone. The lactose-free, nut-free super milk is becoming a common alternative to dairy

milk, joining almond milk and soy milk on supermarket shelves across the country.

**Whether you'd opt for oat milk in your latte or you're thinking about making a shift to only oat milk in your house, there's plenty of room for you on the oat milk bandwagon. Here are four reasons why you should ditch your dairy milk and hop on this food trend:**

**1. It works with most diets.**

Some people turn to dairy-free milk due to allergies and other dietary restrictions. Oat milk is free from lactose, nuts, soy and gluten, which are some of the most common allergens. Most other dairy-free milks only focus on removing lactose, but still have other allergens (We're looking at you, almond milk and soy milk!). It's also free from any animal products, so it's perfect for vegans, too.

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**2. It's environmentally friendly.**

For some, switching to a dairy-free milk is due to its impact on the environment. Oat milk uses very little water to produce, making it the least impactful non-dairy milk on the market. According to a 2018 study, dairy farming uses 628 liters of water to produce one liter of milk. Oat milk only needs 48 liters of water.

**3. It's great with coffee**

Oat milk's claim to fame is partly due to its popularity with baristas. Oat milk steams really well and gives your drink an extra creaminess that other dairy-free milks don't. Many coffee shops offer the alternative now. Plus, coffee creamers and bottled coffees made with oat milk have started to hit grocery store shelves.

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

#### **4. Most importantly, it tastes like milk.**

The best news is that oat milk tastes pretty much like dairy milk. Many other milk alternatives taste vaguely like its main ingredient (i.e. almonds). They can also have different textures, making them either too thick or too watery. Oat milk is pretty neutral-tasting, which makes it great for those who drink milk by itself.

**Are you open to switching to oat milk? Start a conversation in the comments below!**

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## **Food Trend: Fun Halloween-Inspired Desserts**







B

y [Hope Ankney](#)

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

**Food Trend: With Halloween just around the corner, what are some of the best Halloween-inspired desserts you can bring to your party this year?**

Let's face it: Halloween is nothing without the sugar. Sure,



you can have a Halloween party and include more savory foods, but that's not what guests come for. When it comes to October 31st, we're setting our sights on dessert and dessert only. Guests come to indulge in so many sugary-sweet treats that they can barely stand afterward, and it's the one day a year where that is perfectly acceptable! If you want to have some fun, spooky snacks that are easy to make this Halloween, look no further than at Cupid's [food tips](#) for the best desserts to create this holiday:

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

**Related Link:** [Food Tips: Natural Sugar Replacements](#)

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

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**3. Boo-scotti:** A quick yet cute dessert that looks more sophisticated than it really is, is chocolate dipped biscotti

cookies. Another three-ingredient recipe, [Goodhousekeeping.com](http://Goodhousekeeping.com) details how to make this treat in no time! Melt down some white chocolate, dip the biscotti into the mixture, lay on parchment paper in the fridge for 15 minutes, and then melt some milk chocolate, take a toothpick, and make the ghost's face.

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

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

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

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

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# Food Trend: Collagen Is Skincare You Can Eat!



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y Meghan Khameraj

There seems to be a new skincare [beauty trend](#) every few months. Whether it's funky face masks or gold facials, there never seems to be a dull moment when it comes to healthy skin. This latest skincare trend is also the latest [food trend](#)! Collagen is a protein found within the body that strengthens bones and skin. Collagen is oftentimes sold in drinks or as an added protein in smoothies. Dermatologists believe that collagen has the potential to strengthen skin and reduce wrinkles, but there is not enough evidence to conclusively prove that it does as of yet.

# Collagen is the newest food and skin trend. There are a bunch of simple ways you can add this protein into your diet. Cupid has some advice to help you get in on this new trend.

Food trends are always fun. They're even more fun when they give you great skin. In the latest food trend news, collagen is taking the world by storm. Cupid has some advice to help you incorporate collagen into your everyday diet:

**1. Drinks:** There are many trendy companies that sell drinks with collagen in them. Brands such as Vital Proteins make their trademarked Collagen Water in an array of flavors like Blackberry Hibiscus, which contain 10 grams of collagen. These drinks are super easy to add to your everyday routine!

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**2. Supplements:** A simple and quick way to get more collagen is to take supplements. This one isn't a direct food trend but it definitely does help you get your daily collagen intake without really having to change any aspect of your daily routine.

**Related Link:** [Food Tips: Jack Fruit & Other Ocean Inspired Flavors](#)

**3. Bone broth:** Now, this might not sound like the most appetizing food in the world, but bone broth is extremely rich in nutrients and protein, especially collagen. You can use the bone broth to make a delicious soup that's perfect for the colder weather.



**4. Say “hello” to massages:** This one is also admittedly not a food trend, but you deserve to treat yourself too! Facials and face massages can directly boost collagen production in your face. So book your next facial soon!

**Have you tried the collagen trend yet? Let us know in the comments below!**

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## Food Trend: 5 Benefits of Lavender Lemonade & Tea



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y [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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## Food Trend: Oat Milk







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y [Katie Sotack](#)

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

**Non-diary milk alternatives are the [food trend](#) of the future. With abundant options of non-diary milks to choose from, what are the perks of oat milk?**

Oats are a staple in health communities. Whether fitness



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

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

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

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

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

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

**4. They're moving:** While they're currently a trending ingredient for coffee add-ins, oats are looking to expand. Soon you'll find oats in alternative-yogurts and 'nice creams'. The dairy-free community is also praying that 2019 or 2020 becomes the year Starbucks adds oat milk to its shelves.

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

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# Food Trend: What's With the Keto Diet?



B

y [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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## Food Tips: Jack Fruit & Other Ocean Inspired Flavors







B

y [Katie Sotack](#)

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

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

When eaten, oceanic foods taste like an impossibly hot day ending in a juicy bite of fruit. Or a homey barbecue while the pool water dries off your tanned skin. The flavors are a

journey to a tropical paradise where relaxation meets comfort eating. With all this sensual indulgence from these foods, you might wonder how it can meet with the hearty meals of fall. Here is [food advice](#) for this [food trend](#).

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

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

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

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

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

**4. Dessert:** Last but certainly not least is the pacific desserts we've all been waiting for. Do not fill up on heavy cakes and pies. Rather take a tip from our ocean-living



friends, and end your meal with small berries and tropical fruits. Certain summertime fruits like plums, strawberries, and watermelon may be more difficult to find out of season. However, put a fall spin on your after-dinner layout with blueberries, cranberries, and pomegranate, which are easier to find in the fall.

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

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## Food Trend: Millennial Flavors to Watch





y Megan McIntosh

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

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

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

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

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

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

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

**3. Ethnic:** Millennials love to expand their knowledge of different cultures and travel the world. Sometimes money makes it difficult to see every place, but trying the foods from

around the world gives millennials a chance to try a variety of foods from the comfort of their city. Thai, Indian. Filipino, Japanese, French, there's no food that's untouchable.

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

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## Food Trend: Top 5 Reasons You Should Eat Imperfect Food



B

y [Mara Miller](#)

We've got some fun [food advice](#) for you! Everyone does it—you

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

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

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

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

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

that everything *has* to be perfect for you to eat it.

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

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

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

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

**5. It's contributing to global warming:** Food that ends up in a landfill because it is uneaten adds methane to the air, a greenhouse gas that is 23 times more potent than 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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# Product Review: Cinco De Mayo with Prepara Taco Accessories!



B

y [Gillian Lee](#)

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

## Try Prepara for your next party!



**Multi Taco Holder**, \$6.99

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



**Taco Spoons – Set of 2**, \$4.99

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



**3 Section Tray,** \$24.99

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





[Taco Savor](#), \$26.99

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

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# Love & Libations: Celebrity Pink Sips For The Summer



By [Yolanda Shoshana](#)

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

# Sip and Chill With Your Partner

Here are four bottles to help you think pink:

## **Jon Bon Jovi- Diving Into Hampton Water**

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

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

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

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

## **Sarah Jessica Parker- Invivo Rosé**

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

According to Parker, she has always loved entertaining

family/friends over a good bottle of wine and food. I guess this is her “inner Martha Stewart” coming out. New Zealand is an interesting choice for her when it comes to wine however the rosé will come from Provence.

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

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

### **John Legend- LVE Côtes de Provence Rosé**

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

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

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

### **Christie Brinkley- Bellissima Rosé**

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

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



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

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



y [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



y [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



B

y 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: Peganism



B

y Megan McIntosh

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

incorporating high-quality animal foods into your meals. Take our [food advice](#) and try this new trendy way of eating.

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

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

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

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

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

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

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

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



## [Snacks](#)

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

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

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

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

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

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# Food Trend: Traditional Sunday Meals





B

y [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 it's flaky crust, tasty chicken, and hearty vegetables.

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