

# Food Trend: Dessert Hummus



By [Mara Miller](#)

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

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

One of the best parts about most dessert hummus is that it's

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

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

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

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

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

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

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

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

can eat it with are endless.

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

---

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



By [Courtney Shapiro](#)

It can be difficult to decide what to do with all of the food

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

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

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

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

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

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

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

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



---

# Food Trend: 3 Things to Know About Fermented Food



By [Mara Miller](#)

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

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

**1. Fermented food has health benefits:** It balances the good bacteria through probiotics. Fermented foods are a great source for natural probiotics. It helps you maintain your gut flora—over 400 bacterial species that aid in digestion.

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

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

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

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

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

---

# Food Trends: Floral Flavors Are The Next Big Thing



By Lauren Burczyk

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

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

**1. Earl Grey Rose Nectar:** This delicious pick-me-up drink contains earl grey tea, sweet rose essence, and is naturally sweetened with dates and lucuma powder. It's the perfect thing to serve at your next book club or brunch gathering!

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

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

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

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

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

---

## Food Trend: Pot Pies Are Back





By [Ivana Jarmon](#)

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

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

**1. Ingredients:** For your crust: 2 cups gold Medal™ all-

purpose flour. The 1 teaspoon of salt,  $\frac{2}{3}$  of a cup plus 2 tablespoon shortening and 4 to 6 tablespoons of cold water. For your filling:  $\frac{1}{3}$  cup of butter/margarine,  $\frac{1}{3}$  cup chopped onion,  $\frac{1}{3}$  cup of all-purpose flour,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon pepper. Next, you will want to add  $1\frac{3}{4}$  cups of Progresso™ Chicken broth (from 32-oz carton),  $1\frac{1}{2}$  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.**

---

## **Food Trend: Check Out the Best Diet-Friendly Snacks**





By [Courtney Shapiro](#)

There are many snacks you can eat that won't disagree with your diet. A popular [food trend](#) right now is finding snacks that taste good without ruining all your progress. It's okay to eat the high calorie snacks sometimes, but we've got some [food advice](#) on which healthy snacks you'll want to incorporate into your regimen.

## Check out which diet friendly snacks you should incorporate into your eating habits

**1. Hummus and veggies:** Hummus comes in so many flavors and is a great guilt-free choice. Pair it with veggies for a low calorie, healthy alternative to chips.

**2. Fruit with peanut butter:** This is such a good snack option. Fruit gives you that sweetness you were craving, but the peanut butter fills you up and gives you energy

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

**3. Dark chocolate:** Satisfy your sweet tooth with some dark chocolate. With significantly lower sugar and calories than milk chocolate, this is an awesome treat for fulfilling a craving.

**4. Popcorn:** Popcorn is a favorite on most people's lists. There are so many diet-friendly popcorn brands including Skinny Pop and Boom Chicka Pop that offer a decent serving size without sending you over your calorie count.

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

**5. Pretzel thins and cheese spread:** Pair Laughing Cow cheese wedges with thin pretzels to have a crunchy choice. The pretzels and the cheese wedges come in a variety of flavors, so you won't get bored easily.

**What are some of your favorite diet friendly snacks? Tell us below!**

---

## **Food Trend: Benefits of Eating Local**







By [Haley Lerner](#)

Looking for a way to spice up your diet? One of the hottest new [food trends](#) is eating local. Eating local is when you eat food that is locally grown and produced and is not moved long distances to market. If you're looking to for an easy celebrity diet, eating local may be the perfect thing for you and your family to try out. We've got some [food advice](#) on why eating local is a great choice for you. After reading this, you'll want to head straight to your local farmers market.

## Check out our reasons why eating local is a perfect food trend for you to try!

**1. Fresher food:** One reason you should opt to eat local is that your produce is going to be so much fresher than when you buy it from a chain supermarket. Fruits and vegetable begin to lose their nutrients as soon as they are picked, so buying food locally cuts down the time it takes for your food to get

from the farm to your table.

**2. More flavor:** Another reason to eat local is that produce is being picked in their peak state of ripeness, so you'll get to eat your food when it'll be tasting the greatest. You'll also be only eating food that is in season, so there won't be any artificial ingredients or preservatives in your produce.

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

**3. Support your local economy:** One of the best parts of eating local is that your money will go towards local farmers and sellers. You'll be promoting your local economy and helping businesses and services in your community stay afloat.

**4. Environmentally friendly:** Buying locally grown foods help maintain lots of farmland and green space in your community. You can thus help your town become greener and more environmentally friendly.

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

**5. Know what you're eating:** Eating local is a lot safer than buying food from a regular grocery store. You know where your food comes from so there is less of a chance of contamination and safety issues from food traveling from far off locations. You also can ask your local growers about their growing practices so you are really comfortable with what you are eating.

**Have any more reasons you should eat local food? Comment below!**

---

# Food Trend: Poke Bowls & How To Make Them



By [Haley Lerner](#)

Right now, the hottest new [food trend](#) is poke bowls. Poke means “to slice or cut” in Hawaiian and the bowls consist of cubed raw, marinated fish on top of rice and topped with tasty vegetables and sauces. This dish has been around for centuries in Hawaii and it’s a delicious, healthy and unique meal you’ve got to try out. Now, you can pick up a Poke bowl at your local poke bar, Hawaiian restaurant or health food store. But, why not make it at home? We’ve got the [diet tips](#) to help you make the perfect poke bowl.

# Check out our tips on how to build your own poke bowl!

**1. Pick a base:** Start out your bowl with a base. You can choose from jasmine rice, bamboo rice, white sushi rice, soba noodles, leafy greens or zucchini noodles.

**2. Protein:** Next, you want to top your bowl with some protein. Typically, the best choice is fresh raw fish, typically tuna. Cut your fillet lengthwise and work against the grain to cut the fish into 1/2 inch strips. Then cut those strips crosswise into 1/2 inch pieces. If raw fish isn't your thing, opt for tofu or shrimp instead.

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

**3. Seasoning:** Mix your protein with some seasonings to enhance the flavor of your meal. Sprinkle in some scallions, sea salt or sesame seeds.

**4. Dressing:** If you really want to accent the flavor of your fish, add salty sauces like soy sauce, shoyu, ponzu or spicy black-bean paste.

**Related Link:** [Food Trend: Our 5 Favorite Cleanses for a Physical Spring Cleaning](#)

**5. Add some crunch:** To finish off your bowl, add some extra toppings to give more crunch to your meal. You can add fresh fruits and vegetables like avocados, onion, garlic, bean sprouts or edamame. Or, you can add some roasted peanuts, shiitake mushrooms, wasabi peas, or jalapeños for some extra flavor.

**Have any more tips on how to make the perfect poke bowl? Comment below!**



---

# Food Trend: Fermented Products



By [Haley Lerner](#)

The latest [food trend](#) that has been an essential part of many [celebrity diets](#) is fermented food products. Food becomes fermented by letting it sit and steep until the sugars and carbs become bacteria-boosting agents. Carbohydrates are converted to alcohol or organic acids using microorganisms such as yeast or bacteria. Not only does fermentation help to preserve food like vegetables, but it produces food products that aid digestion, support your immune system and improve your skin health and your mood. Fermented foods are a great



source of probiotics that provide beneficial bacteria to help improve your gut health. Luckily for you, we have a list of some great fermented food products to include into your diet.

## Try out the fermented food trend with these products!

**1. Kombucha:** This is what might be the holy grail of fermented food products. Kombucha is an incredibly popular beverage right now among health and fitness junkies. This drink is a fermented mixture of black tea and natural sugar. Kombucha becomes carbonated after fermentation and contains vinegar, B-vitamins, enzymes, probiotics and a high concentration of acid. The benefits of this drink are that it improves digestion, aids weight loss, detoxes the body, increases energy, supports the immune system, minimizes joint pain and helps prevent cancer.

**2. Pickles:** Who doesn't love a good sour pickle on the side of your favorite deli sandwich? If you do, you're in luck, because pickles contain vitamins and minerals, antioxidants and gut-friendly bacteria. Make sure to purchase organic pickles to get the full benefits of the salty snack.

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

**3. Miso:** Miso is a paste made from fermented soybeans and barley, brown rice or koji (a fungus). You might be familiar with this product as it's often used in the yummy Japanese broth of Miso soup. Some benefits of miso are that it has anti-aging properties, supports the immune system, lowers the risk of cancer, helps maintain healthy skin, promotes a healthy nervous system and improves bone health.

**4. Yogurt:** Probiotic yogurt is one of the most popular fermented dairy products. Yogurt brands that contain billions

of active cultures can support digestion, healthy skin and blood pressure. Try to avoid yogurts that contain sugars!

**Related Link:** [Food Trend: Foods to Help Fight Springtime Allergies](#)

**5. Sauerkraut:** Yes, sauerkraut is a popular hot dog topping, but it also is an extremely healthy fermented food. This product is made from fermented cabbage and is high in dietary fiber, vitamin A, vitamin C, vitamin K, vitamin B, iron, copper, calcium, sodium, manganese and magnesium. Sauerkraut can aid circulation, increase digestive health, fight inflammation and strengthen your bones.

**Do you know any more delicious fermented foods? Comment below!**

---

## **Food Trend: 3 Reasons Why Low Carb is an Effective Diet**





Low carb diets are somewhat controversial because everyone has an opinion on whether or not they're effective. The science behind the restriction of carbohydrates instantly reveals why it's beneficial for weight loss and energy. The diet may not work for everyone, but you owe it to yourself to research the advantages before dismissing it out of hand.

## **Check out the following three reasons why a low carb diet is effective:**

### **You Lose Weight More Quickly**

Your body uses carbohydrates as its main source for fuel. That probably has you wondering why in the world you would ever want to limit your carb intake, right? Well, when you stop consuming carbohydrates, your body has to find something else to use as energy.. It turns to fat and attacks that instead.

That's why you need to focus on healthy fats: to give your

body a fuel that it likes. Once your body begins to burn fat for energy, it enters ketosis. Another result of that is reduced appetite. You're not as hungry as often, and when you are, it doesn't take as much to satisfy you.

Because carbs are still an essential part of a healthy diet, you shouldn't eliminate them entirely. Shift your focus to carbs that occur naturally. More than anything, you want to stay away from refined carbs and stick to natural ones, such as grains, fruits, vegetables, nuts, legumes, seeds, and milk. Consider downloading the Lifesum app to track your carb intake. Not only can you monitor your carbohydrate consumption, but with [help from Lifesum](#), you can also make sure that you're only eating natural carbs.

### **You're Full for Longer**

One of the main reasons people give up on a new diet is that they can't cope with the feelings of hunger that result from it. No one wants to feel hungry – or be hungry. An empty stomach causes you to lose focus. You can't concentrate, your head hurts, and your tummy becomes increasingly vocal about the situation. Soon enough, the urge to splurge is too strong to resist. You want to eat anything as long as it finally fills up your stomach.

Low carb diets are more filling. You experience satiety sooner as you eat, and the feeling remains with you for hours. That's because in the absence of carbohydrates, your diet consists of more fiber, healthy fats, and protein. As a result, you don't have to consume as many calories, but you're sated, and you have energy to burn.

### **It's Excellent for Your Heart Health**

A low carb diet allows you to eat some unbelievable foods, such as bacon and red meat. It seems like those types of foods would damage the health of your heart, but the opposite is true. When you consume vegetables and lean proteins more than

anything else, it increases your HDL levels – that's the good cholesterol. This type of eating plan also decreases your triglycerides, not to mention that it cuts down on several markers for cardiovascular disease.

You might feel a bit skeptical at first, but talk to a few people who consume a low carb diet. Ask them how their lives have changed.

---

## Popular Restaurants: Where to Find the Best Rolled Ice Cream







By [Carly Horowitz](#)

Have you heard of the new latest [food trend](#)? You have probably seen it on an Instagram post or a SnapChat story. It's rolled ice cream! It is ice cream that is cooled to a temperature where it is able to be rolled into a satisfying swirl. Now you definitely want to try this out, or more importantly, buy some so that you can post a picture of it, right? Fortunately, Cupid has narrowed down the places to find the best rolled ice cream in America.

**Hop on the coolest (get it) food trend and try out these hot spots that have rolled ice cream!**

**1. 10Below Ice Cream:** This amazing spot serves Thai-inspired ice cream rolls. They make the desert for you right in front of your eyes. 10Below Ice Cream has locations all over New York in Chinatown, Flushing, Lower East Side, and East Village. They have even spanned to a Philadelphia,

Pennsylvania location and the store is opening up in Los Angeles, California soon!

**2. Blossom Ice Cream:** Located in Brooklyn, NY, this ice cream joint makes it their business to serve you rolled ice cream with great energy. With flavors like wild berry lavender, matcha melody, cookie butter, dream of Hawaii, and more, this is definitely not a place you want to pass up. They also offer soy-based cream for individuals with vegan diets or prefer non-dairy ice cream!

**Related Link:** [Food Trend: Seasonal Foods to Bring Spring Cleaning to Your Body](#)

**3. Ice Land:** Ice Land has put together a menu of rolled ice cream creations with specific toppings that go with each of the flavors in order for you to get a delicious desert experience. For example, they have a product called the 'key lime pie' which contains a vanilla rolled ice cream base, graham cracker, fresh lime, pie mixer, and whipped cream! This place is located in Philadelphia, Pennsylvania.

**4. Holy Roly Ice Cream:** Make your way down to LA and stop by Holy Roly Ice cream for some organic, handmade desert. The best part is that with no preservatives or stabilizers added in, this can serve as a relatively healthy desert! They also recommend that you take videos of them making the rolled ice cream. Perfect Instagram story opportunity.

**Related Link:** [Famous Restaurants: Crazy Milkshakes in NYC](#)

**5. I CE NY:** Although it has NY in the name, this store spans widely throughout the U.S. with multiple locations in New York, Florida, Georgia, Michigan, Pennsylvania, and Texas! There are also locations coming soon to Massachusetts, Colorado, and Virginia. I CE NY has also put together wonderful ice cream combinations for you to choose from. Or, you can mix and match ice cream and toppings yourself. Don't miss out on the 'Strawberry Cheesecake' that contains vanilla

ice cream, fresh strawberries, real cheesecake, and strawberry sauce. This popular experience is a perfect way to end off a [date night](#) in a sweet way.

Know of any more places that serve amazing rolled ice cream? Comment below!

---

## Food Trend: Meal Ideas On the Go



By [Carly Horowitz](#)

You slowly arise from your slumber as you hear your alarm

going off at 6:45 A.M... only 15 minutes until you have to be out the door! Luckily, you have already prepared your to-go meals for the day the night before so that you don't have to take time preparing anything AND you don't have to waste money by buying food from somewhere else. Also, you made sure that what you prepared is healthy and yummy. What a perfect start to your morning- getting to sleep in a little later while still being prepared for your day. Living the life. Oh wait, did that actually happen to you this morning? If it didn't, don't worry- it can!

## Below are some great meal ideas on the go!

Cupid is here to help with multiple healthy yet delicious [food trend](#) meal ideas to prepare for busy on the go people like you. If you save time by prepping your meals to go, you can have more time for a [date night](#) or a [romantic getaway](#)!

**1. Hand pies:** Hand pies are really just amazing. You can pack these babies in a container and have some for lunch or dinner on the go! There are also endless possibilities of how you can prepare them- buffalo chicken hand pies, paleo chili, mushroom gorgonzola and caramelized onion... is your mouth watering too? All you have to do is cook and prepare whatever you would like to fill the hand pie with, roll out some dough and separate it into however many hand pies you would like to make, drop some filling into the dough pieces, fold them over, egg wash, and bake until they are golden brown.

**Related Link:** [Celebrity Chef Recipes: Meal-Planning Made Delicious](#)

**2. Fresh salads:** A salad may sound a little boring for a fun meal on the go idea, but if you know the right way to spice it up with some fun ingredients, a salad in a tuber-ware is a

perfect thing to munch on to keep you energetic throughout the day. Here are some cool things that you can add to your salad of arugula, spinach, romaine, or whatever other base you choose. Feel free to mix and match these fun salad add in's: lean turkey, grilled chicken, tuna, hard boiled eggs, bell peppers, avocado, smoked cheese, farro, toasted almonds, watermelon, pomegranate seeds, grape tomatoes, cucumbers, sunflower seeds, olives, quinoa, edamame, kidney beans, any type of berry, or anything else you can think of that might go nicely together in a salad! There are so many options.

**3. Overnight oats:** You didn't think we forgot about breakfast, did you? Overnight oats is a really cool to-go breakfast idea. If you have a jar of something that only has a few scoops left in it, like peanut butter, almond butter, jam, etc.- simply fill it with oats, some yogurt, milk, chia seeds, frozen berries, and then in the morning as you rush out the door, you can grab the jar and you will have a yummy healthy mixture to munch on.

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

**4. Muffins:** Bake some delectable muffins the night before for an easy and yummy breakfast or for a snack to have around lunch time! If you are looking for something healthy to munch on, try baking some paleo morning glory muffins! If not, it is always a good idea to whip up some traditional chocolate chip or blueberry muffins. Yum!

**5. Sophisticated Sandwiches:** Sandwiches are always a go-to idea for packing meals on the go. You can prepare your traditional ham and cheese sandwich on whole wheat bread if you would like- or you can make a more interesting sandwich that will serve more as a meal. Some ideas are: Spicy orange and sesame chicken sandwich, smoked gouda and apple butter, egg salad with avocado, roast pork and pickled cucumber, smoked salmon, and more!



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

**6. Kabobs:** Kabobs are such a good portable meal because you eat it off of a stick! How convenient. Expand your horizons-cook up some kabobs with steak and potatoes, honey-lime lamb and melon, Caribbean shrimp, mustardy grilled corn and sausage, ginger tuna, five-spice beef, etc. You can prep these kabobs on the grill the night before, and refrigerate them so that you can take them on your journey in the morning. It would be very convenient if you had access to a microwave to heat up the kabob's wherever you are- but if not, they will still be yummy chilled.

**What meal ideas on the go do you have? Comment below!**

---

## **Food Trend: Our 5 Favorite Cleanses for a Physical Spring Cleaning**





By [Rachel Sparks](#)

Spring is a time of rebirth. We're shedding those chunky knit sweaters for v-neck tees and choker necklaces. Our hair is coming out of its perpetual bun and our we're dredging our skin of dead layers and thick moisturizers. While we're thinking about the next [celebrity beauty trend](#), we need to also consider how to keep our inner workings clean so that our skin and hair will have a natural glow. In addition to [celebrity fitness tips](#), these five food trend cleanses are what celebrities like Vanessa Hudgens, Amber Rose, and Hilary Duff use to boast about their hot celebrity bodies! Before you know it, you'll feel confident enough to walk out in the latest [celebrity styles](#).

**This food trend is all about bringing spring cleaning to your body!**

**1. Herbal teas:** Drink more tea, seriously. Most herbs will

help target specific concerns. Cinnamon and turmeric, for example, are well known for their anti-inflammatory properties. If you're wanting to relieve some of the aches in your body and encourage weight loss, this flowery, lightly spiced tea is all you need. Brew hibiscus, ginger, willow, dandelion, and high mallow in water.

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

**2. Apple cider vinegar:** If it sounds weird, you're not wrong. While it might take some getting used to, this classic is made from items that are likely already in your cupboard. ACV boosts your immune system and jump starts your metabolism for a preventive and weight-losing concoction. The classic apple cider vinegar drink recipe typically contains apple cider vinegar, lemon juice, water, cinnamon, and cayenne pepper.

**3. Ayurvedic tea:** If you don't know what Ayurvedic means, you're not alone. An ancient form of Indian medicine falls under this name, but the term is often used for referring to natural remedies. This classic tea uses some well-known spices that help with inflammation, digestion, and headaches. For a natural cleanse with an Eastern twist, mix turmeric ginger, coriander, cumin, and fennel. Trust us, don't go for the jarred spices; invest in roots or high quality dried leaves.

**Related Link:** [Tree Infused Water is Making Celebrity News as a Diet Staple For Fit Stars](#)

**4. Target specific organs:** If we listen to our bodies we can often tell where the issue is. While a full-body cleanse has its benefits, targeting concerns can help alleviate symptoms faster. For your liver, try turmeric, dandelion, and ginger tea. It's a great detox after a binger. Ginger is best known as a digestif. Licorice treats headaches. Before you know it, you might become an herbalist.

**5. Vegetable juice:** When most of us think detox, we think of

juices and smoothies. Guess what, there's truth to that. The best thing you can do for your body is provide it with a multitude of fresh fruits and vegetables in all their variety. Leafy greens are notorious for their cleansing properties, but not everyone wants to eat them. Try out some fun recipes to make it delicious. Our favorite: apples, carrot, lemon, ginger, turmeric, beetroot, kale and cilantro.

**How do you detox for spring? Share your fitness and health tips below!**

---

## **Food Trend: Foods to Help Fight Springtime Allergies**





By [Rachel Sparks](#)

Springtime is incredible. We can finally shed those extra layers, the greenery is coming back, the world is colorful from thousands of blossoms, and all the animals and birds come back. It's a time of life and renewal, until allergies kick in. What can ruin a magnificent springtime? Itchy eyes, a runny nose, and an incessant cough. [Hilary Duff](#), [Jessica Alba](#), and Tori Spelling are all known for their suffering from allergies. Cupid has the best [food trends](#) to help kick your allergies to the curb.

## These food trends will help you survive the dreaded allergies of springtime!

**1. Probiotics:** You've heard of the wonders of probiotics. They're great for balancing bacteria in your belly to make sure that your insides work without any issues. Guess what else they do: fight allergies! Studies have shown that babies



who feed on breastmilk where the mother took probiotics during and after pregnancy are less likely to have eczema and other forms of allergies. The good news for adults: we can skip the milk and go straight to the probiotics for some relief.

**Related Link:** [Tree Infused Water is Making Celebrity News as a Diet Staple For Fit Stars](#)

**2. Sinus clearing spices:** Spices like anise, fennel, horseradish, and mustard act as natural decongestants. If you're feeling stopped up in the nose, eating or drinking some of these spices help break up the congestion in your nose so you can breathe a bit easier.

**3. Bioflavonoids:** Say what? Bioflavonoids are proven allergy relief because they act as mast-cell stabilizers, which decrease the number of cells that react to allergens. Fewer cells reacting means fewer allergy symptoms. Where can you find these miracle workers? In apples, onions, tea, and red wine.

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

**4. Omega-3's:** Yup, that fish oil trend you've heard about for years is legitimate and well worth jumping on the band wagon. Along with happy vitamins that help balance your emotions and the memory-boosting elements, your swimmer friends contain EPA and DHA. Both EPA and DHA reduce allergic reactions. The best source: cold water fish, such as salmon, sardines, trout, tuna, bluefish, and herring

**5. Local Honey:** Our personal favorite: honey! It's sweet and delicious, great in dessert, teas, or even on a spoon. If you've ever had a cough, your mom may have made you drink tea with honey. The honey sticks to your throat, calming any irritation. But it gets better. Local honey uses local pollen, the very thing that causes your allergies. Ingesting this is a natural way of boosting your body's resiliency against local

allergens.

How do you fight springtime allergies? Share your secrets below!

---

## Food Trend: Seasonal Foods to Bring Spring Cleaning to Your Body



By [Rachel Sparks](#)

Spring means open windows, light breezes, knocking out the

dust from every corner, and of course, getting ready for the dream beach body workout. Why limit spring cleaning to just your house? Your body has all of that sugar and fat leftover from decadent holiday foods, and the cold weather of winter made it pretty hard to keep up with your workout routine. Try these four easy [food trends](#) to cleanse your body and gear up for summer.

## These seasonal food trends will bring spring cleaning to your body!

**1. Green smoothies:** Smoothies have been all the rage for [celebrity diets](#) for a long time now. If you have yet to jump on board with this liquid diet, you should really consider doing it now. Smoothies are an easy way to start your morning with lots of energy, but make sure you're looking up healthy recipes. Anything with berries, especially blueberries, and dark leafy greens cleanse your body, provide important antioxidants for repair, and give you a boost of energy. [Gwyneth Paltrow](#), one of the healthiest foodies in the celebrity world, is all about juice diets!

**Related Link:** [Find Your True Weight with the Incredible Dukan Diet](#)

**2. Turmeric:** This is a classic Indian trick that many people haven't quite accepted yet. Turmeric is that yellow stuff you see in a lot of curries (although distinct from yellow curry). Curcumin, the compound in turmeric that makes it yellow, helps with digestive disorders, liver issues, and inflammation. It's great for anyone with IBS or arthritis as a natural supplement, and that's in addition to the cleansing it does! Even [Beyonce](#) has used this detox to drop weight!

**Related Link:** [Celebrity Diet: Get a Red-Carpet Ready Body & a Healthy Mind by Eating these Super Foods](#)

**3. Green Tea detox:** Did you know one cup of green tea has more caffeine than a cup of coffee? The powers of green tea have been the latest rave, but for good reason. The chemical that makes green tea green, polyphenols, help rid the body of harmful chemicals. Studies have shown a cup of green tea a day helps reduce the risk of certain cancers, improves memory, and reduces belly fat. Maybe it's time to add green tea to the "apple a day" philosophy!

**4. Lemon water:** Lemon water is not being taken advantage of. If you're not starting your morning with a cup of lemon water (hot or cold) then you haven't felt utterly rejuvenated yet. Lemons contain antibacterial properties that purifies the blood and balances the pH of your colon. Nobody likes talking about the colon, but it really is quite dirty. Clean it up every once in awhile for much cleaner, easier, and healthier internal processing.

**Do you have any special food tips to get your body in shape for the summer? Share your advice below!**