

# Love & Libations: 'Tis The Season For Punch



By: [Yolanda Shoshana](#)

'Tis the season made for entertaining. Whichever holiday you invite people to celebrate with you, a punch is the way to go. It's a great way to imbibe with family and loved ones, plus it saves you the hassle of having to continuous drinks during the night. Put out a punch bowl then pop a ladle in it, you will be good to go.

## Must-Try Holiday Punches!

### Blackened American Whiskey

As we know, celebrities love being in the booze game. Who

would have thought that award-winning Master Distiller, Dave Pickerell, and Metallica would collaborate to create a bourbon. Maybe their song, "Whiskey In A Jar" was a big hint. Blackened American Whiskey is a marriage of the finest bourbons, ryes & whiskeys, however, it's mainly bourbon. The whiskey gets finished in black brandy casks. Does it get any sexier than that?\

This is all to say that the whiskey would be perfect in a punch. The first time I had Blackened was in a cold toddy. It's the sibling cocktail to the hot toddy. It's refreshing and is a holiday treat in a glass.

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## **Cold Toddy**

### **Ingredients:**

- 1 medium orange
- 5 medium lemons
- 4 cinnamon sticks
- 4 Earl Grey tea bags
- 1 tsp. whole cloves
- 2/3 cup honey
- 2 cups Blackened Whiskey
- 1 tsp. orange or regular bitters
- Orange twists (for serving)

### **Directions:**

Using a vegetable peeler, remove zest from orange and 1 of the lemons in strips, leaving white pith behind; slice fruit in half. Squeeze juice from orange into a small bowl. Squeeze juice from lemon into a measuring glass. Slice remaining lemons in half and squeeze juice into glass to measure 1 cup total; save any remaining lemon halves. Set orange and lemon juice aside.

Place zest in a small saucepan. Beat cinnamon sticks with the side of a chef's knife to break up a little and add to saucepan along with smashed ginger, tea bags, cloves, and 1 3/4 cups water. Bring to a boil and remove from heat; let sit 5 minutes. Remove tea bags, then stir in honey; let cool completely, about 15- 20 minutes.

Strain tea mixture through a fine-mesh sieve into a pitcher and add whiskey, bitters, and reserved orange juice and lemon juice. Add 2 cups ice and stir until ice is melted and the toddy is very cold.

To serve, pour toddy into glasses filled with ice and garnish with orange twists.

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

## **Próspero Tequila**

Another spirit that should make a guest appearance at your holiday table is tequila. You can make a yummy libation that pairs with your autumn dishes. I've recently discovered that tequila deserves more credit when it comes to pairing with food.

Did you know that Rita Ora has a female-driven tequila called Próspero Tequila? It's a relatively new libation and a new area for Ora. The distiller of tequila is one of the few women in the industry. It's smooth, elegant, and sassy, we couldn't expect anything less from Ora.

What should you make with this tequila? The Texas Punch is a good way to go since it's the perfect addition to any gathering. It's a drink that your friends and family will love. It's also a drink that you can make for you and your boo to keep in the fridge for after a hard day at work.

## **Texas Christmas Punch**

## Ingredients:

- 1 cup sugar
- 1 cup water
- 4 cups pomegranate juice
- 3 cups Próspero Tequila
- 1 cup lime juice
- 2 cups cranberry juice
- 1 750-ml bottle sparkling wine (recommend Crémant or Cava)
- fresh cranberries to garnish

## Directions:

In saucepan combine the sugar and water and bring to a boil, dissolving the sugar. Remove from heat and cool completely. This will create what is known as simple syrup.

In a large punch bowl stir together the simple syrup, pomegranate juice, tequila, lime juice, and cranberry juice. Chill for 2 hours. Stir in the sparkling wine and serve for a very good time.

For more Love & Libations date night ideas and [celebrity couple](#) predictions from Yolanda Shoshana, click [here](#).

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<b>Food</b>	<b>Tips :</b>	<b>Healthy</b>
<b>Thanksgiving</b>		<b>Meal</b>

# Alternatives



By [Hope Ankney](#)

Thanksgiving is a time where families come together, memories are made, and a delicious meal is prepared. But, what do we all know too well about this holiday? We know the overstuffed feeling of eating too much [food](#), lying on the couch, and unbuttoning our jeans. The food served during the holidays, but especially around Thanksgiving, are carb-loaded and act as a gateway to long-term consequences if you're not careful. So, implementing a tradition of healthier food choices for your holiday meals can stop the overeating misery you experience every year and even keep your waistline in check.

# Food Tips: Thanksgiving is a holiday known for its huge feast. What are some small changes you can implement for a healthier Thanksgiving meal?

Now, we're not saying to deprive yourself of all the goodies that Thanksgiving has to offer on the dining table, but try to switch out one or two dishes for something a bit healthier. Nothing too drastic, but make sure these meal alternatives won't have you wishing you hadn't eaten it hours later. Who knows, maybe Cupid's [food tips](#) on some healthier Thanksgiving Day plates will even become a traditional meal prepared in your home for years to come:

**1. Pumpkin soup:** Is Thanksgiving complete if you're not at least biting into something pumpkin-flavored? An easy dish to prepare, pumpkin soup packs all the flavor and all the filling of any other pumpkin recipe. By using this recipe from [Rachelcooks.com](http://Rachelcooks.com), you'll have a delicious, well-spiced curry soup in only 25 minutes!

**2. Roasted sweet potatoes with honey and cinnamon:** Sweet potatoes are featured in many Thanksgiving dishes. It's most well-known for the tasty sweet potato casserole that is a staple to the holiday. If you're looking for a healthier option, don't worry, a simple roasting of these potatoes with a slight drizzle of honey and a sprinkle of cinnamon will be just as delicious as any dessert there.

**Related Link: Food Trend:** [Managing Meal Complexity From Kitchen to Kit](#)

**3. Vegan stuffing:** This alternative might not look much different than the regular, but it is much healthier for you.



Taking away the butter and eggs, you're still able to get a flavorful dish that reminds you of the holidays. The [Foodnetwork.com](http://Foodnetwork.com) has a recipe that even features green tea to give it an earthy kick that chicken stock or vegetable stock won't give you.

**4. Thanksgiving cauliflower:** This might not sound appealing, but trust us on this. With the recipe provided by [Delish.com](http://Delish.com), it'll be a crowd favorite during the holiday. Pouring gravy on top of the cauliflower will make everyone forget about looking for the mashed potatoes.

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

**5. Apple nachos:** When it comes to desserts, it's difficult to steer away from all the pies and cakes that are served on Thanksgiving. But, apple nachos can be the one thing that saves that dessert table. Obviously healthier than a pie, this dish from [Delish.com](http://Delish.com) can be prepared in minutes flat and have your guests coming back for more. It's a fun and creative recipe that you can mix and match every time you make it.

**What are some healthy meal alternatives you prepare for Thanksgiving? Let us know!**

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## Food Trend: Fun Halloween-Inspired Desserts





By [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: 5 Benefits of Lavender Lemonade & Tea



By [Ashley Johnson](#)

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

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

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

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

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

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

**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: Mood Foods



By [Emily Green](#)

Ever get in those moods where you want to eat only a certain type of food? Whether it's ice cream, pizza, smoothies, etc, more and more [popular restaurants](#) and companies are advertising their products to be eaten when someone wants to



feel a certain type of way.

## Everyone has their go-to mood foods. It's a great food trend that everyone can make their own! What are some moods where these foods can be the perfect boost?

Cravings can fall in directly with the type of mood we are in. Whether we are happy, sad, etc, there is a food that is perfect for the type of mood we're in. Here are some of Cupid's moods where these foods can be a great boost:

**1. Feeling happy:** Having a great day? Feeling like it's time to treat yourself? Grab some dark chocolate as a snack. Dark chocolate is a great snack full of antioxidants, but also is known to reduce stress hormones.

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

**2. Feeling sad:** If today hasn't been the best day, you deserve some "you" time. Sit back, relax and grab your favorite tub of ice cream. Ice cream is notoriously known to help people feel better when they're feeling down, so grab your favorite flavor and chow down!

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

**3. Feeling lonely:** When people feel lonely, many tend to actually overeat. Rather than chowing down on your favorite junk food full of calories, opt for some pretzels or pita chips and hummus. It'll fill you up quick, and will still have your body feeling healthy.

**4. Feeling tired:** Need a pick-me-up before your long day at school or work? Rather than trying coffee, opt for a drink

made with matcha. Matcha will give you that energy boost to keep you awake and alert throughout your entire day.

What are some other moods where mood foods help give you that boost you need? Let us know in the comments below!

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## Food Tips: Seven Foods That Aren't Really Vegan



By [Hope Ankney](#)

Sure, being vegan seems like an easy enough regiment to follow: Avoid dairy, meat, eggs, fish, and any animal-based ingredient. But, distinguishing what foods do and don't

contain some of these ingredients can be much harder to recognize, even for a seasoned veteran. It's important to know what foods are safe, and surprisingly, some [foods](#) that seem vegan actually aren't at all!

**Being a vegan is great for a healthy lifestyle, but sometimes it's difficult to know what foods are safe! In these food tips, find out some surprising foods that aren't vegan.**

Going to the grocery store as a vegan can be a slippery slope sometimes. It's one thing to know that fruits, vegetables, and dry grains are safe dietary options for a vegan, but it's another thing when the options become murkier. Reading labels becomes second-nature when it comes to pre-packaged foods because anything from lard to gelatin can be found in products that seem vegan-friendly upon first glance. But, if you're now wondering if some of your favorite foods aren't safe, don't worry! Cupid has some [food tips](#) for seven foods that are, surprisingly, not vegan:

**1. Bagels:** Even though bagels might seem safe, many are known to contain L-cysteine, which is an amino acid that is found in human, duck, or even hog hair! This ingredient is added by many commercial food manufacturers because of how much it speeds up production and how it makes a nicer texture in the bread. That said, it's more common than you think for manufacturers to use synthetic L-cysteine in their bagel products now. But, before you snag one on the way to the office, make sure the company you're buying the bagel from has options suitable for vegans!

**2. Honey:** As delightful and appropriate as honey may look, it doesn't fit the bill for being vegan. The key reason for this is because bees are killed during the production of honey. Honey is the main source of food for bees, and beekeepers tend to kill the queen bee to keep the production levels of the honey up. If you're looking for alternatives, maple and agave are great options for your honey fix!

**3. Refried beans:** Vegans know to stay away from any products that contain or are cooked in lard. But, it's not as common to know that foods that list 'natural flavors' could also mean they contain meat products! Make sure to know the sourcing and production process of these beans before assuming they're suitable foods for vegans. Search out vegetarian refried beans to make sure meat isn't used, and even then, check the label for other non-vegan products that could be involved.

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

**4. Marshmallows and Haribo treats:** Unfortunately, most marshmallow and Haribo products contain two of a Vegan's no-go ingredients: gelatin and possibly carmine (if the sweet is red). But, fear not! With the rise of veganism in the mainstream food industry, there's a massive selection of vegan sweets that you can enjoy just like everyone else.

**5. Some dark chocolate:** Usually, dark chocolate can be checked off as vegan. However, there are some brands that do contain animal-derived ingredients such as whey, a variety of milk related products, or clarified butter. Those should easily be distinguishable on the back of a label, though, if you're unsure next time you're craving some dark chocolate.

**6. Beer:** Something that vegans really should be aware of is what beer is filtered with. Alcohol, in general, can be a slippery slope for vegans depending on what products go into creating the drink. But, with beer, many brands are filtered with isinglass. Isinglass is a membrane that is derived from

tropical fish bladder. It usually is used to give your beer that bright and clear look. If you're unsure of whether your beer is vegan or not, German and Belgian beers are usually great vegan-friendly alternatives!

**Related Link:** [Popular Restaurants: Choose a Beef Alternative Like bRestaurant](#)

**7. Figs:** Most times natural fruits are safe for vegans to eat. But, with figs, it's a little more complicated. Unlike other products on this list, this situation isn't due to industrial processing. Instead, it's because female wasps lay their eggs inside figs. Often, these wasps are unable to escape from the fruit, and they decompose inside of it. Figs produce enzymes that break down the wasps so they're a protein, but it's hard not to think of this when you're munching on certain kinds of figs that contain wasps. Yikes!

**Did any of these foods surprise you as not being vegan-friendly? Comment down below!**

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







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

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

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

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

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

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

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

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

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

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

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

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

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

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

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## Food Trend: Oat Milk





By [Katie Sotack](#)

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

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

Oats are a staple in health communities. Whether fitness

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

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

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**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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# Celebrity Diet: Are Detox Teas Good for You?



By [Ashley Johnson](#)

Going on a detox can sometimes be the best thing for your body and mind. However, taking detoxes to the next level can be dangerous if you are not careful. While the primary goal of a detox is to eliminate harmful substances from your body, detox teas may actually be inviting them in. In celebrity diet news, celebrities like [Khloe Kardashian](#) and Cardi B have endorsed detox teas on their Instagrams, while other celebrities like Jameela Jamil and U.S. Paralympic gold medallist Brenna Huckaby have spoken out against them calling them 'toxic'.

Before you take the detox tea diet to extremes in true [celebrity fashion](#), Cupid has some [fitness](#) and [food](#) advice on what you should consider.

## Here's some fitness advice on what to keep in mind before trying out the detox tea craze:

Teas are typically one of the healthiest drinks you can consume. They have been known to boost your immune system and protect your bones with the power of its antioxidants. However, detox teas are not always healthy and can sometimes contain a lot more than tea leaves. While some detox teas contain normal tea ingredients, others may contain toxins, drugs or medication. Contrary to drinking normal tea, here are some things you may want to watch out for when drinking detox tea:

**1. Water weight loss:** Detox teas don't actually make you lose body fat, but can help you lose water weight. Water weight is all the extra water that your body retains, and losing that water weight can certainly make you feel lighter. Even if you are not necessarily losing actual body fat, you can be tricked into believing you have, as two cups of water weighs approximately one pound.

**2. Electrolyte imbalance:** Consuming too much detox tea and having to frequently use the bathroom can lead to dehydration and ultimately electrolyte abnormalities. An electrolyte imbalance in your body means you are at risk for muscle spasms and an abnormal heart rhythm.

**Related Link:** [Fitness Tips: 7 Ways to Speed Up Weight Loss](#)

**3. Unwanted side effects:** Detox teas are primarily made up of the senna plant and caffeine, and these two ingredients

together very much act as laxatives. This means the tea can be accompanied by diarrhea, abdominal pain, gas, nausea, and much more. The list of side effects for detox teas is rather long and also includes heart attacks, seizures and even death.

**Related Link:** [Celebrity Diet: Does Going Vegan Hurt Your Health?](#)

**4. Caffeine:** While the average tea contains less caffeine than a normal cup of coffee, detox tea may actually contain the highest amounts of caffeine when comparing the two. Of course this means the detoxifier also comes with some of caffeine's most unpleasant, yet common side effects. Side effects may include restlessness, nervousness, headache and fast heart rate.

**5. Sleep problems:** With detox teas having such high amounts of caffeine, having sleep problems should come as no surprise on this list of things to consider. You may not only experience problems falling asleep, but may also find yourself having trouble staying asleep. Furthermore, not getting enough sleep has also been studied to be linked to weight gain, which is probably the exact opposite of what individuals aim for when starting the detox tea diet.

**Have you ever tried a popular diet? Did it work well for you? Share your comments below!**

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



By [Ashley Johnson](#)

The ketogenic (keto for short) diet has found its way into popularity this past year. The diet consists of a very low-carb, high-fat diet. It has been known to help with preventing seizures for epileptics and to help with a person's overall quality of life, but it has also been known to be abused or taken to extremes, which of course, only leads to the exact opposite. While this growing [food trend](#) has its pros and cons, Cupid is here to give you [food advice](#) on how to still include the most delicious and nutritious foods into your diet without feeling like you need to cut out all of your favorite foods forever.

**Find out which delicious foods you**

# can still indulge in with the keto food trend!

**1. Unsweetened coffee/tea:** That's right; you can still start your day off with a piping cup of coffee! Coffee and tea are absolutely carb-free and have actually been known to reduce the risk of diabetes. Watch out for all the sugars and heavy creamers, and you are ready to start your day off right!

**Related Link:** [Food Trend: Peganism](#)

**2. Coconut oil:** This essential oil might just be the eighth wonder of the world. Seriously, is there anything coconut oil can't do? Its unique properties, such as containing medium-chain triglycerides (MCT), are easy for your body to convert into ketones, which means you'll be more energized. And, if you get sick of eating it, no worries! You can also use it on your skin as a moisturizer. Its medium-chain fatty acids can help keep your skin the smoothest it's ever been.

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

**3. Avocado:** There is a reason why the avocado craze will never calm down – the fruit is unbelievably healthy. Yes, you can 100 percent still have your daily intake of avocado on the keto diet; just beware of how you prepare it. Instead of having avocado with toast in the morning, try having it whole or in a smoothie, in which you can also add coconut milk, cacao butter, and chocolate collagen protein.

**4. Meats and seafood:** Meat and seafood are essential proteins for any diet, including keto. Chicken, turkey, beef, and other dark meat are great, because they contain vitamin B and other essential minerals like potassium and zinc. Of course, quality protein has also been linked to the preservation of muscle mass.



**5. Cheese:** We know it's hard not to put cheese on just about anything you eat. Well, you don't have to worry about cheese in your keto diet because it's more nutritious than you might think. The dairy product is low in carbs and high in saturated fat. Lastly, it contains conjugated linoleic acid, which has been known to help weight loss and improve body composition.

**While the keto diet is the current craze, it is important to know the most balanced foods you can have while on any diet, and what foods you should be avoiding. What are some of your favorite ketogenic foods? Let us know in the comments below!**

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





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

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

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

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

savory sandwiches, he talks about lunch with his children and some of the craziest dishes he's ever made.

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

While sandwiches can be one of the simplest foods to make for lunch, Talbott considers them the most important! "I always think that lunch is probably more important than breakfast in the sense that everyone is looking forward to their lunch break," he says. The chef explains that his spread of sandwiches can be a healthy option to make at home with your wife or for your kids, as they contain no preservatives, and no nitrates or artificial flavoring. While these sandwiches are healthy, that certainly does not mean that they are not delicious! Talbott explains that you can switch it up and use different meats to make certain classics like the Spiced Cubano. The chef recommends the classic be served with Hillshire Farm's sliced honey ham and premium carved honey ham and adds that it of course cannot be complete without butter pickles, spices, and cheese! It is classics like these that "warm the soul," according to the YouTube star.

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

turns in making the best, most healthy meals for their kids!

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

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

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## Food Tips: Natural Sugar Replacements



By [Emily Green](#)

No matter what kind of food or drink you buy, there is an extremely likely chance that it contains a decent amount of

sugar. While sugar is known to be bad for you, some people can't stop having their daily morning coffee because of the sugar that's in it! Many [famous cooks](#) or [TV chefs](#) like Rachael Ray have added natural sugar replacements into their food or drinks, making their meals healthier bit by bit. By replacing the sugar in your drinks or meals with healthy, more natural sugar replacements, you can continue on your daily grind without having to worry about the effects the sugar can have on your body.

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

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

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



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

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

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

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

**What are some other natural sugar alternatives? Let us know in the comments below!**

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## **Food Tips: Jack Fruit & Other Ocean Inspired Flavors**



By [Katie Sotack](#)

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

**With ocean-inspired foods on the rise, how can we bring pacific food tips for a tropical summer palate**

# to our cozy fall dinners?

When eaten, oceanic foods taste like an impossibly hot day ending in a juicy bite of fruit. Or a homey barbecue while the pool water dries off your tanned skin. The flavors are a journey to a tropical paradise where relaxation meets comfort eating. With all this sensual indulgence from these foods, you might wonder how it can meet with the hearty meals of fall. Here is [food advice](#) for this [food trend](#).

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

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

**3. Don't forget the veggies:** This food trend is not an excuse to ignore your fiber-filled friends on the plate. After you've got the base of your meal with oceanic meat, fill up on dark greens suggestive of the ocean. Kale, which became a popular fad in American 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.

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**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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## **Restaurant Review: Indulge in French Cuisine at Marliave in Boston**





By [Bonnie Griffin](#)

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

## **Restaurant Review: Marliave offers delicious French Cuisine!**





Marliave Shrimp Scampi. Photo: Instagram/@marliave

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



Marliave Roasted Cauliflower. Photo: Instagram/@marliave

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



Marliave Cortado. Photo: Instagram/@marliave

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

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## Food Trend: Global Spices Are Heating Up





By [Emily Green](#)

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

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

Every country has unique spices that truly bring out the best in some signature dishes. By switching up some spices in your

dishes, you can find a new flavor that your taste buds will absolutely love! Here are some of Cupid's favorite global spices to try in your meals:

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

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

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

**4. Fennel:** Fennel is a spice that brings a warm, flavorful taste you won't forget. Fennel is commonly used in Italian, Indian and Middle Eastern cooking, and leaves every meal with a taste you will absolutely savor.

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

**What are some other global spices we should try? Let us know**



in the comments below!

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# Food Trend: Managing Meal Complexity From Kitchen to Kit



By [Katie Sotack](#)

Knowing where to start with meal prepping is daunting. How much do you need? What are the right amounts of carbs or fats? Can you *really* eat that? Our system is so intricate that even the most hardcore students of the body-nutritionists,

dietitians, and personal trainers—couldn't tell you what will be right for your personal diet. Finding the time to plan and cook meals every night is hard when you're busy. And, who wants to waste money on eating out for each meal? In comes meal kits: a friendly answer for the young and old alike. The meal kits [food trend](#) makes the complexity of food simple with pre-measured ingredients and portions.

**When the cooking and preparation feels like an unnecessary hassle, check out this meal kit food trend as an alternative to classic meal prep in your home.**

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

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

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

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

**3. There's a chance you could lose weight:** This isn't always the case. If you're used to eating junk food in high portions,

switching to a measured and nutritious system could help you shed some pounds.

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

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

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

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## New York Restaurants: Hidden Gems for Sushi Lovers





By [Emily Green](#)

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

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

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

- 1. Odo:** Located on 17 West 20th St, NYC, Odo is in the back of an all day cafe and cocktail bar. The restaurant has only 14 seats, so you and your party will partake in a 9 course dinner

filled with a variety of types of sushi. The chef used to run one of New York's most celebrated vegan restaurants, and will not disappoint his customers in their dining experience.

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

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

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

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

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

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# Food Trend: Millennial Flavors to Watch



By Megan McIntosh

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

**Millennials are all about adventure and trying new things, so it's no**

# surprise that this [food trend](#) is all about millennial flavors to try out!

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

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

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

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

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**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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# Product Review: Harlow's Harvest



By [Mara Miller](#)

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

**Harlow and single mom Ashley put together Harlow's Harvest to help**

# teach kids how to cook in this fun subscription box. Learn more about it in our product review.

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

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

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

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

If you want to try this great, educational subscription box for your kids, you can sign them up at the Harlow's Harvest [website](#). If you want it on a monthly basis, one box starts at \$23. The six-month subscription is \$126. And, if your kids really love Harlow's Harvest, you can get them a yearly subscription for \$228. The subscription is meant for kids between 4 to 15.



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

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# Food Trend: Traditional Sunday Meals



By [Lauren Burczyk](#)

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



around the table every Sunday for a home-cooked meal just like Mom used to make.

## Here are some traditional Sunday meal food ideas:

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

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**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.

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

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

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

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

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# 5 Food Trends to Watch for in 2019



By [Lauren Burczyk](#)

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

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

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

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

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

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

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

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

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## Food Trend: 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.

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

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

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



By [Jessica Gomez](#)

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

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

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

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

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

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3. [Red Bamboo](#): Comfort food? Yes, please! Located in Manhattan off the West 4th train stop, Red Bamboo is a little, underground (literally) gem that you need to try! Phone reception there isn't good, so bring good company, whether it

be a person or a book. Now, on to the food... they have a diverse and extensive menu, so be sure to check it out. Order the popcorn chicken and shrimp, and try their delicious sandwiches (we love the chicken cutlet sandwich!). And now just like that, we're all hungry.

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

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

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

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

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# Food Trend: How To Utilize Farmers' Markets Near You



By [Ivana Jarmon](#)

The farmers' market has been a [food trend](#) for a very long time and has some of the freshest and tastiest fruit and vegetable available. The farmers' market offers food of a superior quality, and you're guaranteed real freshness that most grocery stores don't have. Your local farmers' market can be found somewhere in your town or a neighboring one, and a schedule can usually be found on your town's website or newsletter.

# Check out some ways to utilize farmers' markets near you:

**1. Educational:** Farmers' markets are not just markets, but they also provide an educational system to learn about your food. Those are farmers' markets can teach you how food is grown.

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**2. Supporting local business:** By taking advantage of your local farmers' market, you help support your neighbor's business, which gives you the opportunity to get to know your neighbor and community. By knowing your farmer, you know your food.

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**3. Why you should utilize your farmers market over a supermarket:** Although grocery stores do carry a small amount of local and organic products, most cannot equal farmers markets in the variety and quality of local foods, let alone guarantee a farmer's fair price. Shopping at a farmers' market is also a unique experience where shoppers and farmers get to know each other, help each other and do business.

**What are some ways to utilize your local farmers' market?**  
**Comment below.**