

romance...



your guide to all things
romance by Activ Intimates

We've included lots of links in
our guide to romance.



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romance

Candlelight and roses and down on one knee . . . we're all in love with the idea of romance. It's imbedded in our culture in the books that we read, our music, and the RomComs we watch when we're in the mood for romance with a happy ending guaranteed.

Romance is typically associated with the early-on, courting phase of relationships. It's the time when we pull out all the stops to woo and to seduce. But the euphoric stage of love is only the first of four phases couples navigate to reach true and lasting love. Still, it's called euphoria for a reason. It's that exciting and intoxicating time that gives romance its good reputation.

It makes sense that keeping romance alive in a relationship would have no downside. Among other things, it's the spark that can ignite the sexual flame between two people – and keep it burning.

Romance is not only about the big gestures or the amount of money you spend on your beloved a couple of times a year. Romance is every day and it's also about the simple things, like a sweet whisper or a note placed somewhere unexpected or slow dancing in the kitchen.

When you think about it, romance is being tuned into your partner – their likes, dislikes and fantasies. It's being thoughtful, affectionate and dedicated to each other and to keeping the passion alive. And romance reaches beyond the sexual realm. It's the essence of a relationship and without it, things can become stagnant and mundane.



romance

The truth is, we don't all come by romantic tendencies naturally. So, if the thought of kicking up the romance in your life has you wondering where to start, you are not alone. Here are a few ideas to get you started.



"A true romantic partner tends to 'date' [their] significant other throughout the relationship rather than devoting romantic energy to only one or two hallmark dates per month or year," she explains. "Being a true romantic is a way of life."

- Carla Marie Manly, Ph.D.

1. Say "I love you" often
2. Send a love letter
3. Broaden your foreplay repertoire
4. Flirt with your partner
5. Remember dates that are important to your partner
6. Serve your partner breakfast in bed
7. Give compliments freely
8. Watch romantic movies together
9. Make date night special with candles, music and favorite meals
10. Be a good listener
11. Go for a walk
12. Go dancing
13. Cut out paper hearts and write something that you love about your partner on each one
14. Cook together
15. Choose your couple song together
16. Read something sexy together
17. Give your partner a massage and/or foot rub
18. Surprise your partner with little, thoughtful gifts
19. Help with chores to free up time to spend together
20. Hold hands in public

flirting

What better way to keep the romance going than flirting with your partner. It's perfect for some playful fun that just might lead to something else. Here are some ideas.

1. Tuck a handwritten note into a bag or a pocket – anywhere it will for sure be found. It's up to you whether you write something sweet or sexy.
2. Or write a full-fledged love letter, the old fashioned way – with pen and paper.
3. Shall We Dance? In a word, yes. But don't wait for a date at the club. Do it now – in your living room, back yard, kitchen. Do it dressed up, casual, or naked. But do dance with your partner and do call it flirty dancing.
4. Plan a surprise like breakfast in bed or a really long massage or a bubble bath with rose petals.
5. Make a mixed tape for your beloved. And by “mixed tape” we mean playlist.





We don't think that playtime is just for kids – especially if you're looking to infuse some romance into your relationship.

Here are some fun games to add some spice to date night.

Storytime

Craft your own sex scene with you and your partner in the leading roles. Tantalize with your tale all the way to a cliff hanger (preferably a sexual cliff hanger) at which point roles reverse. Go back and forth until your story reaches its climax. Collaboration at its finest.

Twister With a Twist

Twister is the game we all played as kids, right? But picture it with just the two of you in a room where you've dimmed the lights, you're wearing something sexy, and there's music playing in the background. Now we're talking about an entirely different game.

Spin the Bottle

Spin the Bottle for Two except in our version, you spin for something erotic. For example, you could spin for a sexy body massage, some romance-novel style kissing, a striptease, touching a certain place in a certain way . . . the sky's the limit. And it's up to the two of you what you'll spin for. And deciding could be a titillating game of its own.

Strip Poker

When it comes to this game, we suspect you know exactly what to do.

fun & games

fun & games

As it turns out, there are some very fun games on the market – and some of them are quite reasonably priced. You can have loads of fun for under \$15. We'll tell you about a few here and link you up to some good sources along the way.

Lovehoney is a good source for sex games. They have **Foreplay Dice** for under \$10. There are two types of dice – romantic and naughty. You roll the dice to find out what you'll be doing and where you'll be doing it.

52 weeks of role play cards, also from Lovehoney, ranges from the romantic to the pretty kinky. At first glance, it appears to be a something for everyone situation.

Lovehoney also has **Kama Sutra Playing Cards**. This is a full deck of cards with “tasteful, clear images” of actual Kama Sutra poses. Look at the card and have fun duplicating the position. Win win.

Dame Products is a good source when your goal is pleasure. Want to try an aloe-based lube? Dame is the place. They also have sex oil, sexy gift sets and even a wearable couple's vibrator.

A truth or dare card game, sexy scratch cards, talk dirty playing cards -- **Lovehoney** has a wonderful selection of the kinds of games that will add some spice and adventure.

Fascinations and **Adam & Eve** also have big selections.



pleasure: erogenous zones

When it comes to erogenous zones, we nominate the brain for the top spot. It's the hub of the wheel and the reason why foreplay can begin before anybody touches anybody, even before you're in the same room together.

You can also use your brain to tune into other erogenous zones – some that are familiar to all of us and some you may not have considered.

Here are some ideas . . .

Scalp

The scalp has lots of nerve endings. So massage, run fingers through hair, employ a gentle tug . . . as with all things, let pleasure be your guide.

Torso

Try exploring your partner's midsection with your hands, lips, tongue, fingertips or with an object – like a feather.

Lips

Kissing is our super power – in part because our lips are extremely sensitive due to a huge number of nerve endings. Believe it or not, women have been known to orgasm from kissing alone with no genital contact. And it's worth noting that other parts of the body respond in a very positive manner to being touched by lips.

Inner Thighs

If you're familiar with the ilioinguinal nerve, you know that it is very sensitive and connects to the lateral labia in women and to the scrotum in men. Obviously, the inner thighs should be on our list of places to touch.



Feet

Many people like their feet touched, but there are three spots, in particular, with powerful erogenous potential. Inside and outside the ankles are great places to start touching, because these areas correspond directly to the vagina & uterus in a woman and the penis and prostate if you're a man.

Move your fingers (or whatever) just below the ankles and you're in the reflex area that corresponds with the ovaries and testicles. And send an unmistakable message to the breasts and nipples by touching the middle to upper soles.

pleasure: sexual play

When it comes to sex, the further we move away from perfunctory, the better. In other words, keep playing – before, during and after. Sexual play comes in many forms and should be powered by pleasure. Inspiration comes easily to some and others may welcome some outside inspiration. Members of both groups are likely to enjoy one of the podcasts we found on a list from Oprah Daily.

Authentic Sex with Juliet Allen (Australian sexologist) – Juliet Allen and her guests discuss how to have hotter sex and achieve deeper connection in relationships.

Savage Lovecast – Call-in advice from sex advice author, Dan Savage – no-nonsense answers to every sex and love-related predicament imaginable.

The Kiss Me Quick's Erotic Sex Stories

by Rose Caraway – Author, podcaster, and self-described sexy librarian Rose Caraway (who has a lovely voice) brings a wide range of erotica authors' tales to her "lurid listeners" in this pod. After a brief intro, Caraway reads a story, with most running between 30-50 minutes long.

The New Professor – These Erotic Audio snippets get right to it, with each slickly produced (and moan-heavy) short story—narrated by British actors.

Friday Night Fun Erotic Stories – "sultry call-in show"-style production. Though the series ended in 2018, there's a big enough back catalog .

Want to see the entire list?

[Click here.](#)





While confidence comes from within, wearing something that makes you feel good and sexy is always a plus to get things moving in a romantic direction.

Surprise your partner with something playfully flirty or temptingly erotic. Create the mood and leave your inhibitions on the other side of the bedroom door.

Love confidently with
Activ Intimates



Lacy Playlette



Free Spirit Bralette

lingerie

dinner for two

food

We've created a special dinner menu that features aphrodisiac ingredients in every bite -- and we've included plant-based recipes too. We wish you happy eating and a night of passion and fun - for special occasions or any night you want to create a romantic backdrop for you and your special someone. Who knows, you might even be inspired to come up with some aphrodisiac recipes of your own.

recipes

All the drinks and dishes in our dinner menu are linked to recipe cards. And keep reading for the aphrodisiac details on all the ingredients.



one more thing ...

Avoid certain foods when intimacy is on the menu - the ones that could put a damper on your fun. Steer clear of heavily-processed foods and anything with lots of omega-6 fats, sugar, wheat, dairy or legumes. This will help you avoid bloat and fatigue. You're welcome.

Read more about eating strategically before sex in our blog, **Oh Yes!**

Pleasure Foods 101.





Dinner Menu

STARTERS

ARUGULA SALAD WITH MANGO & AVOCADO

TOMATO SALAD WITH CUCUMBER,
AVOCADO & CILANTRO

SWEET POTATO & RED PEPPER SOUP

ENTREES

MUSHROOM & ASPARAGUS RISOTTO

LEMON & HERB ROAST CHICKEN

SIDES

SPICY ROASTED BRUSSEL SPROUTS

AMAZING SMASHED POTATOES

DESSERT

STRAWBERRIES & CREAM

STRAWBERRIES & CREAM
(PLANT-BASED)

VEGAN WHIPPED CREAM

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Bar Menu

COCKTAILS

LOVE POTION

LOVEBUG COCKTAIL

BE MY VALENTINE

MOCKTAILS

PINK "NOT" CHAMPAGNE

FROM THE VINE

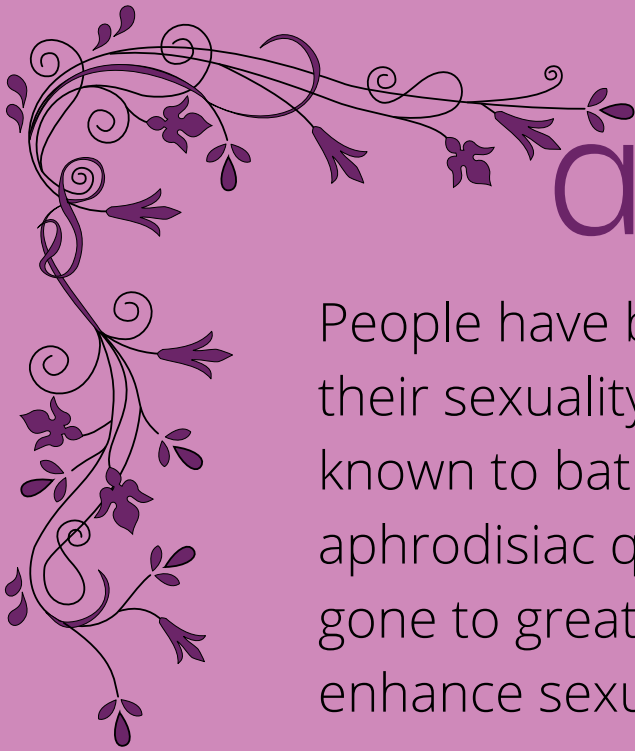
CHAMPAGNE

RED WINE

COFFEE

SPARKLING WATER

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aphrodisiacs

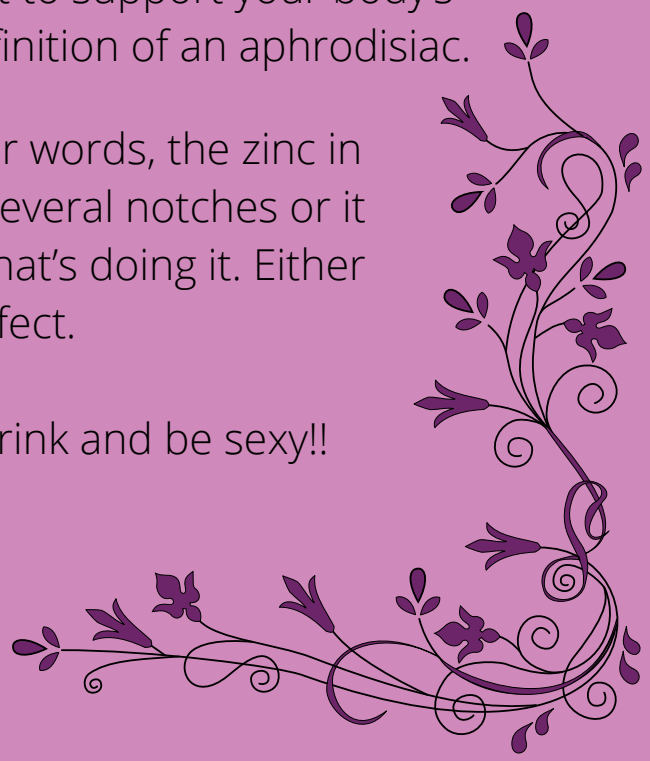
People have been looking to nature for help with their sexuality since time began. Cleopatra was known to bathe in milk infused with saffron for its aphrodisiac qualities and people have historically gone to great lengths to secure foods known to enhance sexual desire.

Fast forward to modern day and the medical world is reluctant to credit food with actual aphrodisiac properties. Even so, we like the idea of eating foods full of vitamin E (like avocados), because it helps with the production of sex hormones which support attraction, mood and desire. And chocolate for its phenylethylamine a stimulant that elicits excitement. And how about cranberries, cucumber, potatoes, strawberries, thyme, tomatoes . . . all foods containing vitamin C that has been proven to aid blood flow and promote the production of nitric oxide (that makes sexual arousal possible).

Sex and health are quite literally dependent upon each other – overall health makes for better sex and regular sex makes for better overall health. So, in one sense, any food that you eat to support your body's health also promotes good sex. That's the definition of an aphrodisiac.

And don't discount the placebo effect. In other words, the zinc in those oysters may be kicking your desire up several notches or it may be the belief in a powerful aphrodisiac that's doing it. Either way, you've benefited from the aphrodisiac effect.

The bottom line here is to have fun. So, eat, drink and be sexy!!





apples

polyphenols & antioxidants

Apples, like wine and chocolate, contain polyphenols and antioxidants that can stimulate blood flow to the genitalia, helping with arousal.

Pink "Not" Champagne



arugula

antioxidants & phytochemicals

Arugula has been used as an aphrodisiac since the first century. Like other dark green vegetables, arugula contains trace minerals and antioxidants that are essential for sexual health.

Arugula Salad with Mango & Avocado



asparagus

vitamin E & potassium

Asparagus has lots of vitamin E and this can increase blood and air flow to the genitals. Potassium is also a benefit of this phallic-shaped vegetable - it's been linked to sex hormone production.

Mushroom & Asparagus Risotto

aphrodisiacs



avocado

vitamin E, beta carotene & magnesium

the avocado is a legendary aphrodisiac, in part, due to its appearance (ahem). They are loaded with vitamin E which aids the production of sex hormones which in turn supports attraction, mood, and desire.

Arugula Salad with Mango & Avocado
Tomato Salad with Cucumber, Avocado and Cilantro



brussel sprouts

indole-3-carbinol

If your sexual partner is a man, consider adding brussel sprouts to the menu. They contain a compound - indole-3-carbinol - that spikes libido in men.

Spicy Roasted Brussel Sprouts



champagne

bubbles & alcohol

Champagne may not be an *actual* aphrodisiac, but it can increase desire and lower inhibitions - in the right doses. Any alcoholic beverage should be sipped in moderation. Too much can interfere with sexual pleasure and/or put you to sleep.

Love Potion

aphrodisiacs



cherries

potassium, vitamin C, anthocyanins

Anthocyanins are powerful antioxidants that reduce inflammation and help maintain a healthy sex drive. Add to that potassium and vitamin C and you have an aphrodisiac super fruit.

Be My Galentine



chicken

protein, vitamin B12 & minerals

Protein is needed for stamina and chicken is an excellent source. It also contains vitamin B12, tryptophan, choline, zinc, iron, copper, niacin, selenium, and phosphorus.

Lemon & Herb Roast Chicken



chocolate

phenylethylamine

Chocolate has phenylethylamine – a stimulant that elicits excitement and a sense of well-being. It also has a little hit of caffeine. What's more, the Journal of Sex Medicine published a study that found women who enjoy a piece of chocolate every day have a more active sex life than those who don't.

aphrodisiacs



cranberries

vitamin C

Cranberries are packed with nutrients that benefit sexual health – and they boost immunity. Vitamin C is clinically proven to aid blood flow and promote the production of nitric oxide, making sexual arousal possible.

Lovebug Cocktail

Pink "Not" Champagne



cream

protein

The aphrodisiac qualities of cream (milk) go back to the Kama Sutra which prescribed it for sexual stamina and energy during sex.

Strawberries & Cream



cucumber

vitamin C & manganese

Cucumbers are loaded with vitamin C and manganese which both play a role in supporting sexual health, elevating energy and increasing libido. Vitamin C specifically improves blood flow which can help erectile function. Cucumbers are also known for their undeniably erotic shape.

Tomato Salad with Cucumber, **Avocado & Cilantro**

aphrodisiacs



garlic

allicin

Garlic is high in allicin which increases blood flow and overall cardiovascular wellness. It is thought to increase blood flow to the sexual organs and believed by some experts to be a powerful aphrodisiac.

Sweet Potato & Red Pepper Soup

Mushroom & Asparagus Risotto

Amazing Smashed Potatoes



honey

boron & nitric oxide

Honey contains boron, thought to regulate hormone levels. It also contains nitric oxide which helps open up the blood vessels involved in creating erections (him and her). So it's no wonder that honey is a symbol of fertility in some cultures.

Spicy Roasted Brussel Sprouts



hot chilis

capsaicin

Capsaicin is what makes chili peppers spicy. It stimulates the nerve endings on the tongue, which releases epinephrine (adrenaline), the chemical that increases your heart rate and releases endorphins (natural opiates found in your body). All of that is good for sex.

Sweet Potato & Red Pepper Soup

aphrodisiacs



mango

vitamin E

Sometimes called the love fruit, mangoes are rich in vitamin E which increase the virility in males. Vitamin E also regulates sex hormones.

Arugula Salad with Mango & Avocado



olive oil

antioxidants

Olive oil is rich in antioxidants, which keeps the skin smooth and the body running. It's also good for massages.

Arugula Salad

Tomato Salad

Spicy Roasted Brussel Sprouts

Amazing Smashed Potatoes



onions

phytochemicals

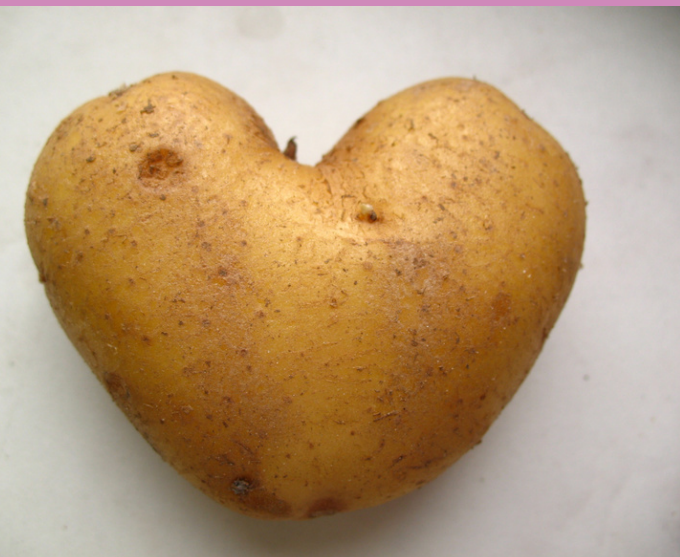
Who knew that onions are potent aphrodisiacs? Onions contain many phytochemicals, which boost the production of Vitamin C. They also increase the production of testosterone in the body – which helps with erection and stamina.

Arugula Salad with Mango & Avocado

Mushroom & Asparagus Risotto

Sweet Potato & Red Pepper Soup

aphrodisiacs



potatoes

vitamins C & B6, niacin, folate, potassium, manganese, magnesium, & phosphorus

Potatoes are packed with nutrients known to enhance sexual desire and performance.

Amazing Smashed Potatoes



red wine

resveratrol

Not only can it help you get in the mood, the resveratrol in red wine is also a powerful antioxidant, which helps decrease inflammation & helps get your blood pumping. Exercise caution – one sip too many can definitely be a buzz kill if you're planning to end the evening with an orgasm.



rosemary

antioxidants & anti-inflammatory compounds

Rosemary is believed to be a powerful aphrodisiac, due to its ability to increase circulation and sensitivity to touch. It's a rich source of antioxidants and anti-inflammatory compounds, which are thought to help boost the immune system and improve blood circulation.

Lemon & Herb Roast Chicken

aphrodisiacs



spinach

magnesium

Spinach helps dilate blood vessels due to its abundance of magnesium. This function is why spinach has a celebrated status as a common aphrodisiac.

Mushroom & Asparagus Risotto



strawberries

vitamin C

Legend has it that strawberries originated from the heart-shaped tears of Aphrodite after she learned of her lover's death. But we're not sad - they're loaded with vitamin C which is excellent for modern-day lovers.

Love Potion

Strawberries & Cream

Strawberries & Cream (plant-based)



sweet potatoes

vitamin A

Sweet potatoes are rich in potassium and can combat high blood pressure which is associated with a higher risk of erectile dysfunction. Sweet potatoes are also rich in beta-carotene, which enriches the body with vitamin A, known to boost fertility.

Sweet Potato & Red Pepper Soup

aphrodisiacs



thyme

**vitamin C, potassium,
manganese**

The Romans were big believers in the power of thyme. They took thyme baths regularly to increase their sex drive. This medicinal herb stimulates the body and revs up the libido.

Lemon & Herb Roast Chicken



tomatoes

capsaicin, folate, vitamin C & potassium

According to legend, the tomato aka The Apple of Love, is believed to help with sexual performance and capsaicin, found in chili peppers, also stimulates sexual arousal by prompting the release of endorphins.

Tomato Salad with Cucumber, Avocado & Cilantro



vanilla

vanillin

When we smell vanilla, our hypothalamus, the gland that controls memory and emotion, jumps into action, which evokes an overall calming effect. Added to warm bath water, vanilla has been known to awaken sexuality.

Strawberries & Cream

Vegan Whipped Cream

aphrodisiacs



Recipes





Aphrodisiacs Champagne

LOVE POTION

INGREDIENTS

- 3 ounces gin
- 1 ounce lime juice
- 1 ounce elderflower liquor
- 5 ounces rosé champagne

DIRECTIONS

1. In a cocktail shaker combine the gin, lime juice and elderflower liquor
2. Add ice and shake for 10 seconds.
3. Strain cocktail over ice in a cocktail glass and top with 5 ounces of rosé champagne



Aphrodisiacs

Cranberries

LOVEBUG COCKTAIL

INGREDIENTS

- 3 ounces white cranberry juice
- 2 ounces lemon lime soda
- 1 ounce vodka
- 1 ounce grenadine

DIRECTIONS

1. Fill cup with ice and then pour in the white cranberry juice, vodka, lemon lime soda, and grenadine.
2. Serve immediately.



Aphrodisiacs

Cherries

BE MY VALENTINE

INGREDIENTS

- 3 ounces white cranberry juice
- 2 ounces lemon lime soda
- 1 ounce vodka
- 1 ounce grenadine

DIRECTIONS

1. Combine amaretto and cherry cocktail juice in a shaker with ice.
2. Shake and strain into a chilled martini glass.
3. Top with the Barefoot Bubbly Red Moscato,
4. Stir gently and garnish with cherries.

Aphrodisiacs

Apples

Cranberries



PINK "NOT" CHAMPAGNE

INGREDIENTS

- 1 1/2 cups Sparkling apple cider, chilled
- 1 1/2 cups Sparkling cherry-flavored mineral water or club soda mixed with cherry flavoring syrup), chilled
- 1 cup Cranberry juice, chilled

DIRECTIONS

1. Combine chilled Sparkling apple cider, Sparkling cherry-flavored mineral water and cranberry juice in a pitcher.
2. Stir.
3. Enjoy!



Aphrodisiacs

Arugula

Avocado

Mango

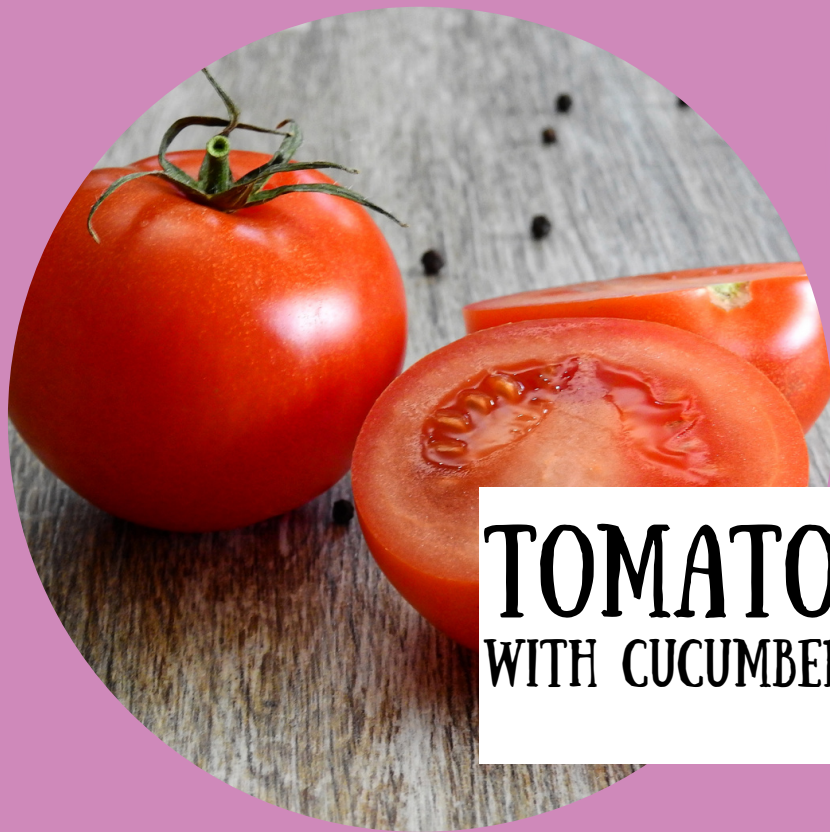
ARUGULA SALAD WITH MANGO & AVOCADO

INGREDIENTS

- 1 tbsp. olive oil
- 5 cups arugula
- 1 avocado, sliced
- 1 mango, diced
- 1/2 red onion, sliced
- 1/4 c. extra virgin olive oil
- Juice of 2 limes
- Pinch of sugar
- Pinch of cumin

DIRECTIONS

1. In a salad bowl, combine arugula, avocado, mango, and onion.
2. Make dressing in a jar, combine olive oil, lime juice, sugar, and cumin.
3. Toss dressing with salad.



Aphrodisiacs

Tomato

Cucumber

Avocado

Cilantro

Olive Oil

TOMATO SALAD

WITH CUCUMBER, AVOCADO & CILANTRO

INGREDIENTS

- 6 medium tomatoes, diced into bite-sized pieces (see notes)
- 2 medium cucumbers, diced into bite-sized pieces (see notes)
- 2 avocados, diced into bite-sized pieces (more or less to taste)
- 1 T fresh squeezed lime juice (to toss with avocado)
- Vege-Sal or salt to taste (for seasoning avocado)
- 1 cup chopped cilantro (use more or less to taste; use thinly sliced green onion if you're not a cilantro fan)

DIRECTIONS

1. Cut up tomatoes and put them in a colander placed in the sink to drain for a few minutes.
2. Whisk together 2 T lime juice, olive oil, Spike seasoning, and Vege-Sal to make the dressing.
3. Peel avocado(s) and cut into 1/2 inch pieces
4. Put avocado pieces into plastic or glass bowl and toss with 1 T lime juice.
5. Season generously with salt.
6. Chop cucumbers into bite-sized pieces, peeling off thin strips if the peel is thick. (Fresh garden cucumbers won't need to be peeled.
7. Coarsely chop cilantro.
8. Combine the avocado(s), tomatoes, and cucumbers and gently stir in the dressing.
9. Then stir in the chopped cilantro and serve immediately.
10. This doesn't keep well, so only make as much as will be eaten right away.

DRESSING INGREDIENTS:

- 2 T fresh squeezed lime juice
- 1 T best quality extra virgin olive oil
- 1/4 tsp. Spike seasoning (see notes)
- salt to taste (I used Vege-Sal, but sea salt would be great here)



Aphrodisiacs

Sweet Potatoes

Peppers
(hot chilis)

SWEET POTATO & RED PEPPER SOUP

INGREDIENTS

- 2 cups cubed sweet potato (about 2 whole sweet potatoes)
- 1 red pepper
- 1 small white or purple onion
- 1 cup chopped carrots
- 3 cloves garlic
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon red pepper flakes (optional)
- 1/4 cup chopped cilantro (optional)
- 2 tablespoons chopped cashews or other nut (optional)

DIRECTIONS

1. Bring a 5 quart pot of water to a boil. Peel and dice the sweet potatoes. Chop the carrots, red pepper, and onion. When water comes to a boil, add sweet potatoes and carrots. Cover and simmer for 15 minutes or until carrots and sweet potatoes are soft and easily pierced with a fork.
2. While sweet potatoes and carrots are boiling, sauté onions in 1/4 cup of vegetable broth until softened. Add red peppers and sauté for an additional 2 minutes. Add garlic and sauté for an additional minute.
3. When sweet potatoes and carrots are done, drain water and add to the pot with the onions and red peppers. Pour the remainder of the vegetable stock over the vegetables. Bring to a boil.
4. Turn off heat. Add spices. If using an immersion blender, puree the soup until smooth. If using a high speed blender, pour the contents of the pot into the blender and puree until smooth.
5. Serve in bowls garnished with cilantro, chopped cashews or other nut, and red pepper flakes.



Aphrodisiacs

Asparagus

Spinach

Garlic & Onions

Thyme

MUSHROOM & ASPARAGUS RISOTTO

INGREDIENTS

- 1 onion, diced
- 4-6 cloves garlic, minced
- 1 bunch of asparagus, woody stalks removed and chopped into 1-2 inch pieces
- 8 ounces mushrooms (about 15 or so if you use Crimini), roughly chopped
- 1 teaspoon dried thyme
- 1/2-1 teaspoon salt (to taste)
- 1/2 cup white wine (optional)
- 1 cup Arborio rice, uncooked
- 3 cups vegetable broth
- 2 cups spinach, chopped
- 2 teaspoon nutritional yeast (optional)
- 1/4 teaspoon onion powder (optional)
- 1-2 teaspoons lemon juice

DIRECTIONS

1. Heat a large pot over medium heat. Add onion, garlic, and asparagus and heat, stirring occasionally, until softened (about 5-7 minutes). Add mushrooms, thyme, salt, and white wine, and heat until mushrooms are softened, another 3-5 minutes or so. Add rice and stir until rice is well coated and starts to make small snapping noises (like Rice Krispies). Add vegetable broth 1/2-3/4 cup at a time, stirring well, and allowing the rice to soak up all the liquid before adding more - this takes about 3-5 minutes or so each time.
2. Once you've added almost all the broth, add the spinach, nutritional yeast, onion powder, lemon juice and the rest of the broth and stir until the spinach is wilted, about 2-3 minutes. Taste, and add more salt, pepper, or lemon juice if needed. Serve immediately.



Aphrodisiacs

Chicken

Rosemary

Thyme

LEMON & HERB ROAST CHICKEN

INGREDIENTS

- 1 whole chicken (approximately 4½ pounds)
- 4 tablespoons unsalted butter, at room temperature
- 3 lemons, halved
- ½ bunch thyme
- ½ bunch rosemary
- Salt and freshly ground black pepper

DIRECTIONS

1. Preheat the oven to 425°F. Line a baking sheet with aluminum foil and place a roasting rack on top.
2. Rinse the chicken and pat dry very well with paper towels. Bend the wings back around the neck of the chicken.
3. Rub the chicken all around the outside with the softened butter. Stuff the inside of the chicken with the lemon halves and the herbs. Season the chicken inside and out with salt and pepper.
4. Tie the legs of the chicken together with trussing twine and cut away excess strings.
5. Transfer the chicken to the prepared roasting rack. Roast until the skin is golden brown, 35 to 40 minutes. Reduce the heat to 375°F and continue roasting until the chicken is cooked through (the juice between the leg and thigh runs clear, and a meat thermometer reads 165°F).
6. Let the chicken rest for 15 to 20 minutes before carving and serving.



Aphrodisiacs

Potatoes

Garlic

Olive Oil

AMAZING SMASHED POTATOES

INGREDIENTS

- 2 pounds baby Yukon Gold potatoes, halved
- $\frac{1}{3}$ cup extra-virgin olive oil
- 1 head garlic
- Kosher salt

DIRECTIONS

1. Preheat the oven to 375°. Place the potatoes in a large pot and cover with 1 inch of water. Bring the water to a boil over medium-high heat and parboil the potatoes for 3 to 4 minutes, until they just start to become tender. Drain the potatoes well in a colander.
2. While the potatoes are parboiling, pour the olive oil onto a half sheet pan and place it into the preheated oven. Once the potatoes have been drained, pour them onto the hot oiled pan and roast them for 15 to 17 minutes, or until the potatoes have a golden crust on the bottom. While the potatoes cook, separate the garlic cloves from one another, leaving their skins intact.
3. Using a spatula, flip the potatoes so that the crusty sides face upward. Add the garlic cloves to the pan, then continue to roast for 7 to 9 minutes more, or until the potatoes have a crispy golden crust on the bottom again.
4. Remove the pan from the oven and smash each potato gently with a large fork. Season the potatoes with the salt, to taste, and serve immediately.



Aphrodisiacs

Brussel Sprouts

Olive Oil

Honey

SPICY ROASTED BRUSSEL SPROUTS

INGREDIENTS

- 1½ pounds brussels sprouts
- ½ cup extra-virgin olive oil
- ¼ cup rice-wine vinegar
- ¼ cup honey
- 2 tablespoons Sriracha, or more to taste
- Kosher salt and freshly ground black pepper

DIRECTIONS

1. Preheat the oven to 400°F. Trim the base away from the brussels sprouts and discard. Cut the sprouts in half.
2. In a large bowl, whisk the olive oil with the vinegar, honey and Sriracha to combine. Add the brussels sprouts and toss until they are fully coated. Season with salt and pepper to taste.
3. Spread the brussels sprouts on a baking sheet, cut sides down. Pour any extra olive-oil mixture onto the pan and tilt the pan around to distribute it.
4. Roast until the sprouts are crispy on the outside and golden and caramelized on the cut sides, 20 to 30 minutes. Serve immediately.



Aphrodisiacs

Strawberries

Cream

Vanilla

STRAWBERRIES & CREAM

INGREDIENTS

- 1 lb (or 16 oz) fresh strawberries
- 2 tablespoons granulated sugar
- 1 cup heavy cream - cold
- 1/4 cup powdered sugar
- 1/2 teaspoon vanilla extract
- fresh peppermint or mint leaves for garnish - optional

DIRECTIONS

1. In a medium bowl, combine 1 lb (16 oz) hulled and quartered strawberries and 2 tbsp granulated sugar. Stir to combine and set aside for 10-15 minutes for sugar to melt.
2. In a medium bowl, combine 1 cup heavy whipping cream, 1/4 cup confectioners' sugar and 1/2 tsp vanilla extract. Beat with an electric mixer until stiff peaks form (about 2-2½ mins).
3. Transfer cream to a piping bag, fitted with a 2D piping tip.
4. Stir strawberries then divide slightly more than half between 6 serving glasses or bowls (spoon a little syrup over the berries if you like).
5. Pipe half of the cream over strawberries. Divide remaining strawberries between the glasses and top with another generous layer of cream. Garnish with fresh mint or peppermint leaves to make it more festive.
6. Serve right away or refrigerate until ready to serve.



Aphrodisiacs

Strawberries

Coconut Cream

STRAWBERRIES & CREAM (PLANT-BASED)

INGREDIENTS

- 1 lb (or 16 oz) fresh strawberries
- Vegan Whipped Cream
- fresh peppermint or mint leaves for garnish - optional

DIRECTIONS

1. In a medium bowl, combine 1 lb (16 oz) hulled and quartered strawberries and 2 tbsp granulated sugar. Stir to combine and set aside for 10-15 minutes for sugar to melt.
2. Prepare Vegan Whipped Cream
3. Transfer cream to a piping bag, fitted with a 2D piping tip.
4. Stir strawberries then divide slightly more than half between 6 serving glasses or bowls (spoon a little syrup over the berries if you like).
5. Pipe half of the cream over strawberries. Divide remaining strawberries between the glasses and top with another generous layer of cream. Garnish with fresh mint or peppermint leaves to make it more festive.
6. Serve right away or refrigerate until ready to serve.



Aphrodisiacs

Coconut Cream

Vanilla

VEGAN WHIPPED CREAM

INGREDIENTS

- 14 ounce Can Coconut Cream (400ml) 1 Can, Unsweetened
- 3 Tbsp Powdered Sugar Optional
- 1 tsp Vanilla Extract Optional

NOTES

The best results come about in this recipe when the cream is very firm to start off with. If your cream is floppier when you start, you'll have to whip it for longer, and even then, it might not reach your desired firmness. If you need a 'fix' for a batch that won't firm up enough, you can add $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon of xanthum gum, just be careful because this can sometimes firm it up more than you want it to! But this works as a fix.

DIRECTIONS

1. Place the can of coconut cream into the coldest part of your refrigerator and leave it there overnight.
2. The next day, take it out and carefully open it (don't shake it around!).
3. You'll see that the cream part has separated from the water and risen to the top.
4. Scoop that out into the bowl of an electric mixer, leaving the water behind. You can use the water in a smoothie or throw it out.
5. Starting at slow speed gradually increase speed until you achieve a whipped cream consistency.
6. The harder the consistency of the cream when you scoop it out, the quicker this will be.
7. Once you have whipped cream consistency, you can stop right there. You're done! OR:
8. Add some powdered sugar and vanilla for a sweetened cream.
9. Whisk again until mixed in.



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