

SEX in the GTA

Foods That Romance

by Simone Stepancic

Have you ever thought about planning a romantic candlelight dinner for two in your home?

I encourage you to plan one as an expression of love, gratitude and connection to your loved one. Let your spouse know that he or she is important to you, and write your own invitation with the date and time for your romantic night. Be creative; place the invitation on your mate's pillow, in a pocket, or send it by mail.

Bring romance into your life and feel the passion; buy yourself a sexy dress, and don't forget the flowers, candles and essential oils.

ROMANTIC TABLE

Setting the mood on your table is as important as the food on the plate. Set the small table for two in front of a fireplace or other scenic spot. Use a pretty tablecloth; I like a white tablecloth, as it goes beautifully with gold. Set the table of flowers and candles. Beeswax candles are natural, clean burning, and will not interfere with the smell of your wonderful delicious nutritious meal.

You can use gold chargers and white plates, and sprinkle some white or yellow rose petals on the table. Play soft music to set the right mood. Use pure organic essential oils such as vanilla, lavender or mandarin to fragrance the room. This is a celebration of love; it is angelic

LOVE FOOD

Express the love that is in your heart by choosing the most exquisite, romantic food that will nourish your senses, body and soul, and bring attraction to each other. Food affects how we feel, and good nutrition is the foundation of our sexual vitality. Excessive sugar, saturated fat, and processed foods deplete our sexual desire, mood and energy level. Foods that are fresh and live, such as leafy green vegetables, sunflower and pumpkin seeds, nuts and deliciously rich chocolate made from pure cacao will boost your energy and stamina. According to ancient wisdom tradition certain foods are edible aphrodisiacs.

FRUITS OF THE GODS:

Strawberries are heavenly fruit. Seduce your lover with red heart-shaped strawberries. They are the perfect fruit for dipping in chocolate (raw cacao sauce).

Banana is a favourite fruit of the sages. Banana is sweet and rich in potassium, vitamin C and pectin. It is essential to sex hormone production and provides energy and stamina. Dip banana in chocolate and feed your lover.

Mango is an exotic tropical fruit. It strengthens the heart and provides energy and stamina. It contains vitamin C and E, potassium and magnesium. Mango has a sweet fragrance and is the perfect fruit to share with your beloved. Use your imagination...

Raspberries are *sexy* fruit. The shape and texture are perfect for finger feeding your lover. Raspberries are a sweet-and-sour fruit that are a good source of vitamin C, magnesium and potassium.

Figs are luscious, soft, plump fruits, rich in folic acid, iron, magnesium, calcium, phosphorous and potassium. Figs are considered aphrodisiac because of the shape and the pink flesh... Use figs in salads, as a snack, or for dessert.

Avocado is a sensual fruit, and a powerful stimulant and aphrodisiac. It is rich in essential fatty acids, Vitamin E and B complex. Avocado is a traditional remedy for erectile dysfunction. It is also a good source of beta carotene, potassium and folate, nutrients good for circulation and the heart. Avocado contains monounsaturated fat that helps maintain levels of good cholesterol.



Raw Cacao is considered by the Aztecs to be the nourishment of gods. Raw cacao is a super-food high in sulfur, magnesium, iron, copper, phosphorous, calcium, potassium, vitamin A, B, C, D, and E. It is super rich in antioxidants (the richest source of any food). Raw Cacao is an aphrodisiac, high in the feel-good hormone, serotonin, as well as dopamine and anandamide, which increase feelings of well-being.

Asparagus has long been used as an aphrodisiac, because of its phallic shape and also because it increases circulation in the genito-urinary system. Asparagus is packed with nutrients such as vitamin E, B, C, iodine, potassium and zinc. It also boosts vitality, and is needed for healthy hormone production. Asparagus is a finger food, so you can feed it to your lover by hand.

Celery is an aphrodisiac rich in folic acid, beta carotene, vitamin C, calcium, magnesium, potassium, silica and fiber. It is a blood purifier, helps neutralize acids in the body, freshens your breath and cleans your teeth. According to research, celery contains androsterone, a potent male pheromone which is released through perspiration after eating - *Androsterone* is thought to attract females. Eat a lot of raw celery and you could increase your natural production of pheromones.

Sunflower seeds contain zinc, needed to produce testosterone in the body. They are excellent for strengthening the nervous system, lowering cholesterol and preventing heart disease. Sunflower seeds build energy and increase sexual vigor in both men and women.

Vanilla is best known as an aphrodisiac. Vanilla has a powerful scent which is believed to arouse sexual desire.

Below are my delicious recipes made to induce romance and spark love between you and your partner.

Invite your partner to prepare dishes with you - Imagine kissing and hugging your partner while you chop veggies or prepare other dishes and desserts. Pour some wine or even champagne in crystal glasses; or make something alcohol-free, such as refreshing piña colada made of fresh coconut meat, coconut water, agave nectar and fresh pineapple chunks. It can be a sensual experience.

Indulge yourself with a scented bath or a massage using bath oils, later or after a meal.

Love requires care and nurturing, and to plan a romantic meal at home is a beautiful way to symbolize love.



Black Mission Figs with Arugula and Macadamia Ricotta

6-8 Black Mission figs, halved
2 cups arugula
Extra virgin olive oil
1 cup macadamia nuts, raw
Celtic salt and pepper to taste

Preparation:

In a salad bowl toss the arugula with olive oil and sprinkle with lemon, salt and pepper. Place arugula on a plate and arrange figs over the top. Sprinkle with macadamia ricotta

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Macadamia Ricotta

- 1 cup macadamia nuts, raw, soaked 2 hours
- ½ lemon, freshly squeezed Celtic salt to taste
- Water to a smooth consistency
- 1 tbsp chives, finely chopped
- 1 tsp. oregano, fresh, minced

Preparation:

Mix all the ingredients in a blender. Spoon 4 tablespoons of chocolate cream into a small bowl. Insert bananas into chocolate cream in a bowl. Top it with whipped cream and sprinkle with pecans or other preferred nuts.

Celery Boats with Orange Ricotta Cheese

Serve this as the perfect beginning to your meal

- 5–10 Celery ribs
- ½ cup raisins, soaked 1 hour
- 1 cup macadamia nuts, raw, soaked 2 hours
- 1 orange, freshly squeezed juice
- 1 orange, flesh
- Chives, fresh to taste

Preparation:

Soak raisins for an hour before they are needed. Mix together macadamia orange ricotta cheese, freshly squeezed orange juice, raisins, and orange pieces. Wash celery stalks. Cut stalks into 1 to 2 inch lengths. Spread orange ricotta cheese onto celery pieces. Place celery boats on a plate and top with celery leaves to garnish.

Strawberries Dipped in Raw Cacao

- 1 cup raw cacao or carob powder
- ½ cup agave nectar
- ¼ tsp Celtic salt
- ¼ cup coconut oil
- 10 to 15 strawberries

Preparation:

Mix raw cacao or carob powder, agave nectar, coconut oil and Celtic salt in a bowl until silky smooth. Place in the fridge for 10 to 15 minutes to chill. Place parchment paper on a large tray. Hold the stem and dip each strawberry in the raw cacao or carob mixture. Place strawberries on the large tray and put the tray in the freezer for 15 minutes before serving

Asparagus Salad with Oranges

1 bunch (15 spears) asparagus, trimmed

- Orange Mustard Sauce
- ½ lemon, freshly squeezed
- 1 orange, freshly squeezed
- Extra virgin olive oil
- Agave nectar to taste
- 1 tsp mustard powder
- Celtic salt and pepper

Preparation:

Arrange asparagus spears on a plate, drizzle with orange mustard sauce and sprinkle with pepper.

Note: Try to get thin spears as thick stalks tend to be woody.

Raw Banana Split Chocolate Cream

- ½ avocado
- 2 bananas
- ¼ to ½ coconut water or to desired consistency
- 2 tbsp carob powder

In a food processor blend all the ingredients until smooth.

Whipped Cream

- 2 cups cashews, raw, soaked for 3 hours
- Agave nectar to taste
- Coconut water
- 1 tbsp vanilla extract, liquid
- 1 tbsp almond extract, liquid

Mix all the ingredients in a food processor to a smooth and creamy consistency.

Preparation:

Spoon 4 tablespoons of chocolate cream into a small bowl. Insert bananas into chocolate cream in a bowl. Top it with whipped cream and sprinkle with pecans or other preferred nuts.

Angel Hair Pasta with Pistachio Pesto

Pistachio Pesto:

- 1 cup pistachios, shelled
- 2 cups basil, fresh
- ½ lemon, freshly squeezed
- 2 garlic cloves
- Extra virgin olive oil according to taste. Celtic sea salt to taste

Preparation:

Using food processor, mix all ingredients together to a crunchy consistency.

Angel Hair Pasta:

5 small zucchini, peeled and cut on half. Bragg aminos to taste

Preparation:

Using "Spiralizer", slice zucchini into angel-hair noodles. Place angel-hair noodles in the mixing bowl, add some bragg aminos, and sprinkle with lemon and olive oil. Toss the pistachio pesto with the zucchini and serve.

