

# 10 Things You SHOULD KNOW

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Team with FONA for complete taste solutions!

FONA's consumer and market insights experts translate trends into product ideas and connect the dots from research to concepts to market opportunities. Our flavor and product development experts are at your service to help meet the labeling and flavor profile needs to capitalize on market and consumer trends. From concept to manufacturing, we're here every step of the way!



1.

Satisfy your sweet tooth the healthy way: dip peeled kiwi slices in melted dark chocolate and chill. Boom! A low calorie snack with a hint of indulgence. | *Food Network Magazine*



3.

More kale, please! 44% of all food and beverage products (within the past five years) that used kale as an ingredient, launched in 2013. | *Mintel*



5.

Love lemon during every meal. Awaken your senses with Lemon Meringue Muffins, refuel at lunch with Mixed Greens with Lemon Champagne Vinaigrette and warm up for dinner with Lemon Chicken and Rice Soup. | *Taste of Home*



7.

Sipping tea daily can lower stress levels, according to British research. L-theanine, an amino acid found in green tea plants can release the mood-boosting chemical, serotonin. This may reduce anxiety and stress levels by up to 29%. | *First for Women*



9.

New spice trend: Za'atar. A blend of sesame seeds, sumac and dried herbs makes this spice unique yet versatile. Use it as a rub for pork chops, sprinkle over sautéed broccoli or mix with yogurt as a dip. | *Bon Appétit*



2.

Chickpeas have high levels of fiber and protein, making them ideal for curbing hunger on-the-go or adding a boost to salads. Pinterest features a variety of flavors for oven-roasted chickpeas: Cinnamon-Sugar, Ranch, Chili Lime, BBQ and Moroccan-Spice.



4.

Which type of squash is the best fit for your recipe? Butternut squash has a nutty flavor and browns well when roasted. Kabocha squash is rich and sweet with silky flesh. Delicata squash has tender edible skin while also being a great source of potassium. | *Bon Appétit*



6.

Classic mac & cheese with a twist: Add cooked edamame for a boost of protein, substitute butternut squash to create an extra-goopy sauce, stir in chopped shrimp for a seafood dish, or add flax seed to bring out a mild, nutty flavor. | *Parents*



8.

Sriracha and peanut butter! Spread peanut butter on a slice of toast and top with scallion, fresh cilantro and Sriracha. Finish with lime juice and a pinch of sea salt for zest! | *Bon Appétit*



10.

Use the ancient grain Amaranth when making batter for cakes, cookies, muffins and waffles. It creates a dense texture, provides a mildly sweet flavor and adds nutritional value. (Amaranth has all nine amino acids, making it a "complete protein.")