

10 Things You SHOULD KNOW

NOVEMBER 2016

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!



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1.

Tap Into Maple

Sugaring season is spring, but fall is when we start craving the rich, subtly sweet flavor of maple syrup. Looking beyond pancakes and maple syrup, the November issue of *All Recipes* recommends using maple syrup in almond-maple granola, maple salmon, roast pork with maple-mustard glaze and maple cranberry sauce.

3.

Cold Brew Caramel

Fat Toad Farm produces a variety of goat's milk caramel sauces including their Cold Brew flavor. The caramel sauce combines rich, creamy caramel with the tang from goat's milk and smooth coffee flavor for a not-too-sweet dessert sauce.

5.



Spoonable Smoothie Bowl

Avoke is offering the first packaged smoothie bowls that you can eat with a spoon. All the spoonables are convenient for on-the-go, include fiber, good fats, herbs, raw fruits & vegetables, and toasted quinoa toppings. Flavors include Berry Mint, Greens & Ginger, Spicy Carrot, and Coconut Curry.

7.

Underground Eats

Some of the hottest places to grab a drink or a bite to eat are actually quite cool. That's because they are underground caves, where temps are ideal for stashing, aging and now enjoying a few tasty treats. Rachael Ray recommends brewery tours, cheese and vineyards.

9.

Broth Bar

Broth Bar is Portland's first dedicated bone broth café. It is the collaboration of two Midwestern sisters in order to offer a positive and delicious experience of daily wellness in the form of traditional foods. On the menu includes a variety of broths from chicken, lamb and bison to added proteins, sauerkrauts and mushroom powders to create your own bone broth bowl.

2.

Ancient Grains

We are spotting more uncommon ancient grains in recipes. In the Food Network Quick-Fix Holiday Handbook is a recipe for Quick Farro with Cranberries and in *Health* magazine is Kamut Salad with Roasted Cauliflower, Freekeh-Turkey Sloppy Joes and Cheesy Sorghum and Shaved Squash Pilaf.

4.



Boozy Marshmallows

Indulge in some real luxury! Wondermade just launched marshmallows infused with champagne and then hand covered with 24-karat edible gold. Each bite is described as light as air and makes for a truly indulgent treat. Other boozy varieties include: bourbon, fireball and beer.

6.

Just Add Dukkah

Dukkah (pronounced dOO-kah) is an Egyptian spice blend that's made its way stateside. It combines pulverized toasted nuts with crushed sesame, coriander and cumin seeds. In the November issue of *Eating Well* magazine, they provide a recipe for Dukkah Spiced Carrots which includes a variation that uses hazelnuts as the toasted nut.

8.



Carrots are to Pie For

Carrots are being celebrated in desserts more often, moving beyond the cake that bears their name. They're as sweet as pumpkins or sweet potatoes and arguably creamier than both once steamed and pureed, making them absolutely perfect for pie. In the November 2016 issue of *Cooking Light* is a recipe for Chai Carrot pie that is spiced up with the makings of chai tea for a treat that gives pumpkin pie a run for its money.

10.

Banana Milk + Cold Brew

At Brooklyn based J+B Design & Café they are blending bananas with milk and simple syrup to create banana milk and then adding it to cold brew coffee. It is described as "milky and somewhat sweet, and while it doesn't explicitly taste like banana, the banana adds a hearty layer to balance out the coffee's acidity." Now that's a great way to get our potassium and caffeine at the same time!