

EAT&DRINK TRENDS // NEWS // REVIEWS

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TRENDS // NEWS // REVIEWS **EAT&DRINK**



MIX UP YOUR 'BIX

NUTRITIOUS AND DELICIOUS RECIPES USING THE NATION'S FAVOURITE CEREAL* – OH, AND AFFORDABLE TOO!

Breakfast is still an important meal, even with dark mornings. Thankfully, Weetabix is bringing fun and fervour back to the breakfast table with a free digital recipe book. Yep, you read that right – free!

Made with 100% British wholegrain wheat, low in fat and sugar and high in fibre, Weetabix is the perfect base for your favourite toppings – from delicious Greek yoghurt to tropical fruits or peanut butter. Served hot or cold, the nation's favourite cereal* can also be enjoyed beyond breakfast time for mavericks who want to try something adventurous.



For a berry good start to the day, give the super-simple recipe below a try! A winning combo of juicy berries, banana, chia seeds, nuts and two beloved biscuits, Early-Morning-Berry-A-Bix makes for a nutritious breakfast* that's both delicious and healthy. Top tip: buy frozen berries, which last longer, to save on your shopping. Nothing brightens up a family breakfast like summer berries – even in February.

Make sure you start your day with a breakfast you'll go bananas for. Head to the QR code below to download your own recipe book for more bix recipes.

Early-Morning-Berry-A-Bix

WHAT YOU NEED

- 2 Weetabix biscuits
- 150ml semi-skimmed milk
- 1 handful frozen berries
- 1 banana
- 1 tsp chia seeds
- 1 small handful mixed nuts

WHAT TO DO

- Add your milk of choice to a

bowl of Weetabix and warm it up in the microwave for 1-2 minutes on full power, until the biscuits are softened.

- Add the frozen berries, chopped banana, chia seeds and a handful of mixed nuts (almonds, cashews and walnuts are our favourites).
- Try to avoid temptation and make sure it's not too hot before grabbing a spoon and tucking in!

Have you had yours?



Scan to visit our website or download the recipe book



*The number-one cereal brand in the UK and ROI based on the past 52 weeks. **Protein contributes to the maintenance of muscle mass as part of a healthy diet and lifestyle.

FUNKIN' FABULOUS
Not only can you sip a sweet strawberry daiquiri with your loved one this Valentine's Day, but by ordering it from Funkin Cocktails, you get 15 per cent off if you use the code VDAY15. Made with strawberry purée, rum and a splash of lime juice, it offers the delicious taste of a cocktail expertly crafted at the bar, but you simply chill, shake, pour – and then gaze longingly into each other's eyes...
funkincocktails.co.uk



CHOC'S AWAY
Belgian chocolate maestro Pierre Marcolini creates chocolates so beautiful they look like jewels, making a lasting impression (if not a lasting treat). The Malline Of Hearts [£35] is filled with five flavours, including raspberry, passion fruit, pistachio praline and salted caramel. The One Heart One Bite [£11.90] is a game of two halves, with hazelnut praline on one side and toasted sesame on the other.
marcolini.co.uk

SWEET TREATS!



DECADENT DESSERTS
Your mouth will be watering at the thought of one of these treats from luxury range Heavenly Desserts. Choose from the irresistible passion fruit martini, an intense chocolate pot with contrasting raspberry sorbet, a devilishly delicious ice rose and lychee martini or the Eton Mess Dough-Chi, the brand's latest moreish addition to its array of mochi flavours.
Part of the Valentine's Sharer Menu available Feb 10-19 at 45 UK branches, £29.95 for two, £34.95 at Marylebone. heavenlydesserts.co.uk

FEASTING ON THE FOOD OF LOVE

IF YOU CAN'T INDULGE ON VALENTINE'S DAY AND MAKE A MEAL OF IT, WHEN CAN YOU? ASKS **LAURA MILLAR**



BRING ON THE BUBBLES
Fizz makes everything feel more special, so toast your loved one with a glass of something chilled and sparkling. Renowned Kent vineyard Chapel Down has plenty of options to choose from – think pink with the rosé brut, made from 100 per cent pinot noir, with aromas of wild strawberries and lemon, presented in a stylish gift box [£45]. Or try the Tenderden blush cocktail set [£64], which combines a bottle of pink gin and English sparkling wine.
chapeldown.com

Restaurant romance

OUT AND ABOUT

SPINNING AROUND
Spoil yourselves with a delicious three-course set menu at The Ivy in Spinningfields, Manchester. After being greeted with a glass of Veuve Clicquot rosé champagne, choose from the likes of duck liver parfait, lobster linguine, grass-fed fillet of beef, or char-grilled halloumi with farro. Finish off with the decadent raspberry heart mille-feuille, an irresistible combo of white chocolate and puff pastry with a warm raspberry sauce.
Available February 10-19, £75pp, theivymanchester.com



PEARLS OF JOY
What's more desirable than an aphrodisiac on V-Day? London's STK Steakhouses are offering an exclusive Bubble & Pearls special, comprising a glass of Dom Pérignon champagne served with an oyster topped with the finest caviar [£69pp, available February 10-14]. Follow with a prime steak – from sirloin to rib-eye – or roasted lobster tail, black cod and mushroom and truffle pasta. Treat yourself to a strawberry cobbler cocktail with vodka, strawberry purée, lemon juice and sugar syrup.
stksteakhouse.com



BY THE SEA
Be seduced by the sounds of the waves at Rockwater, in Hove, which is offering couples inclined towards romance a special Valentine's Day menu. The beachside restaurant will provide live music, a menu featuring ten sharing plates, stunning roof-terrace views and cosy fireside cocktails. Dishes include brown butter scallops, pickled shimeji salmon and slow-roasted beef short rib, with vegan options also available. The cost is £100 per couple, which includes a glass of fizz on arrival.
rockwater.uk



GET DIRTY
American-style restaurant and cocktail bar Dirty Bones has launched a couple of new specials for Valentine's Day. Designed to share, the 'Hey Lover' dessert features waffles, ice cream, strawberry pieces, freeze-dried strawberries, and white chocolate pieces and sauce. And you must try the Swipe Right cocktail – smooth and enticing, it's made with Biscoff syrup, vanilla vodka, banana liqueur, Kahlúa and milk – dreamy. It's available at locations in central London and Oxford, February 10-17.
dirty-bones.com



FREE DIGITAL RECIPE BOOK




Have you had yours?



SCAN ME