

The Líbido Food Myth

What's Fact, What's Fantasy?

Food writers love writing about the aphrodisiac properties of food. It pays my bills every February when the women's mags knock on my inbox... and it's fun, but it's not fact. In this month's issue, we'll de-"bunk" (see what I did there?) the folklore from the physiology - what's complete BS, and what's worth cooking up?

1) OYSTERS ARE SEXY AND MAKE YOU FEEL SEXY

This is a "hard" (see what I did there?) no. Technically, it's the zinc that is supposed to raise libido, but you have to be medically zinc deficient to benefit from eating oysters. Also, from a female perspective, sucking down a raw vagina-looking bivalve gives me the ick in a big way, and I'm bi.

2) PINEAPPLE SEMEN IS SWEETER

Chef Tip: Pina Colada translates to "strained pineapple." If your first date orders a Pina Colada with a wink, it's a good time to use that emergency phone call protocol your besties (or your adult children, whatevs) set up for you. While diet influences bodily fluids, there's no scientific proof that pineapple significantly alters the odor or taste of semen. Bummer, right?

3) YOU LOOK BETTER WHEN I'M DRUNK

Shakespeare nailed it in 1606: drink "provokes the desire, but takes away the performance" (Macbeth). My 2013 Napa Cabernet shot out my nose when I read this. Alcohol dilates blood vessels and lowers inhibitions, which means it makes you wanna, but it's like dancing in new stilettos. You'll do it, but you won't like it.

4) CRANBERRY FOR YOUR COOTCHIE?

Now, I'm no wellness professional, so I cannot speak to the genuinely therapeutic properties of cranberry in its various forms (read: UTI prevention). However, I'm a chef, and I can tell you, while cranberry juice is super yummy (especially in a craft cocktail), cranberry juice will not improve the "aroma" (see what I did there?) or the flavor of your lady-flower.

5) XOCOLATL (sho-ko-LAH-tl)

This means chocolate (it made me sad to put chocolate in the title). There simply aren't enough of the phenethylamine compounds in most commercial applications to inspire desire on any measurable level. You'd have to eat so much pure chocolate that, by the time you got busy, you're in a coma. Sorry-I'm just the messenger. Chocolate has been deliciously sexy for lifetimes. But

Now that we've debunked some common food myths, I must admit I still feel bad about chocolate. I see you. I hear you. Here's my uber-easy and uber-sexy recipe for "TOUSSE". It started as a mousse-for-one recipe, then I doubled it (insert summer but, thankfully brief, love interest). Between you and me, the two-serving recipe suits me just fine!

Ingredients:

- 1 1/2 cups heavy whipping cream
- 1/4 cup powdered sugar
- 1/4 cup Dutch cocoa powder (bloomed by whisking it in 1/8 cup boiling water)
- 1/4 teaspoon almond or vanilla extract

Instructions:

- Whip heavy whipping cream with powdered sugar until frothy and slightly thickened. Add almond or vanilla extract.
- Add the bloomed cocoa and continue whipping until soft peaks form. Avoid over-whipping otherwise clumps will form.
- Scoop into a bowl or a fun glass of your choosing. Enjoy!

PRO TIP:

This dish can be made up to a day ahead - just store covered in the refrigerator.



"TOUSSE" MOUSSE

You can definitely do the work of the mind+body+spirit connection and discover what foods make you feel like a tigress in heat. The providers in this issue are far more skilled and educated than I am. I'm just the humble chef that gets to talk about food and why, what, and how we can make it part of our personal journey, inside and out, every day of our lives.

Written by Chef Shannon

Feel free to reach out to me at
healthybellieshappybrains@gmail.com!

I'm happy to answer questions about this month's topic, or collaborate with you and your care team to develop personalized menus that fit your needs. As a certified chef with a certification in Adult and Child Nutrition, I've spent over 30 years in the food space as a chef, caterer, recipe developer, culinary content creator, and cookbook author.

