

Aphrodisiac food items to stock up in your refrigerator

Long ago the people of ancient India believed that drinking snake blood or eating the meat of the Nilgiri Langur were potent aphrodisiac and increased the sexual libido of a person. However, these days killing a snake or a Nilgiri langur will definitely make you a target of PETA. The saying 'You are what you eat' also applies to your sex drive as your diet plays an important role in your sexual function.

There are many other food items which are considered to have aphrodisiac properties and are sure to increase your libido to have a pleasurable experience for you and your partner.

- 1) **Oysters:** Oysters are considered to be aphrodisiac as these half shell delicacies contain high levels of zinc which stimulates the testosterone hormone which is essential for your sex drive. No wonder the legendary Casanova, the best lover of all time was said to have 50 raw oysters every morning. Try to incorporate oyster in your romantic meal in a spicy oyster soup or pasta to lead the things in your bedroom.
- 2) **Wheat Germ:** Wheat germ is high in Vitamin E which is also known as the main sex vitamin as it helps in the synthesis of the hormones and is also a powerful anti-aging antioxidant. It also helps in balancing the estrogen in female bodies as unbalanced estrogens can lead to PMS, muscle aches and mood swings which can really dampen the mood.
- 3) **Dark Chocolate:** We are aware about the antioxidant properties of dark chocolate, but it is also known to have multitude of aphrodisiac qualities. Having dark chocolate before doing the act makes some people feel 'naughty' and brings a bit of a mischief to bed due to the rise in endorphin which is a feeling similar to 'runner's high'.

To bring the mood in the bedroom, we are sharing a recipe of 'Dark Chocolate Cornflakes Bites' which will surely make you feel naughty.

What do we need to make the Dark Chocolate Cornflakes Bites?

1 cup sparsely crushed cornflakes, 1 tablespoon unsalted butter, half a teaspoon of cinnamon powder, half a teaspoon of ground ginger, 1 teaspoon vanilla essence, 100 grams sweetened dark chocolate, 2 tablespoons plain cocoa powder to garnish and 1 tablespoon olive oil

How do we make the Dark Chocolate Cornflakes Bites?

We start by preheating the oven at 200 degrees. In a baking dish lightly spread with unsalted butter we mix the crushed cornflakes, ginger, cinnamon powder, vanilla essence and olive oil together and bake lightly for 5 -7 minutes till the cornflakes mixture turns golden.

In the meantime melt the dark chocolate with butter in a heatproof bowl over simmering water ensuring that the melted chocolate is stirred at regular intervals to ensure that no lumps are formed.

When the chocolate is melted add in the baked cornflakes mixture into the chocolate ensuring the cornflakes are mixed thoroughly into the chocolate. Refrigerate the mixture and later scoop and roll them into thumb size balls which should be garnished with the cocoa powder.

4) **Chili Peppers:** Well, you must have heard the Bollywood song ‘Uff uff Mirchi...” which tells about the heat generating potency of the chili. So does the chili rev up your libido? Well, anything that starts a sweating reaction on your body should start it anywhere. Spicy foods like chilies get your blood flowing and the increased blood flow is an arousal mechanism that gets your juices going. Well the easiest way to get things going in the bedroom is to sprinkle a bit of chili flakes on to your dinner.

5) **Basil Leaves:** We know basil as one of the flavor boosting herbs of Italian cuisine, but very few people know that basil is quite a potent aphrodisiac. No wonder it was known as a symbol of love in Roman times.

To spice up the mood in the bedroom we are sharing the recipe of ‘Basil and Chili Pesto’, the Italians swear by to lift up the libido as it contains chilies and basil, both potent aphrodisiacs.

What do we need to make our Basil and Chili Pesto?

1 ½ cup fresh basil leaves, half cup grated cheese, 2 chopped garlic cloves, 2 table spoons ground nut powder, 4 roughly chopped chilies, 1 tablespoon of lemon juice, 1 tablespoon of olive oil, salt and pepper to taste.

How do we make our Basil and Chili Pesto?

Start with grinding basil, garlic, chilies, cheese, groundnut powder in a food processor. Slowly drizzle in the olive oil into the food processor combining the grinded ingredients well. Add in the lemon juice, salt and pepper into the grinded ingredients and transfer the same into a bowl.

The pesto can be had with freshly boiled ‘a la dante’ pasta such as penne or fettuccini shapes.

Leaving the above items there are many other food stuff combinations described in Indian Ayurveda which can act as potent aphrodisiacs like honey with ginger and pepper or a glass of warm milk with crushed pepper, cardamom seeds and almond powder which is incidentally given traditionally to an Indian bridegroom on the first night of the wedding.

Well, whatever the food item is and however potent aphrodisiac it is claimed to be, in the end the real romance comes from within... the heart!!