



The Journal



Capri Gelato brings the *AMALFI* Coast to Los Angeles



The Amalfi Coast in Italy

Nov 1, 2020 Los Angeles CA By Holly Jenvey; Capri Gelato & Coffee Bar the taste of the Amalfi Coast to Marina del Rey. With fresh and unique sorbetto, a coffee bar and bites, the waterfront community can enjoy a of Italy through the delicious and natural menu.

The Italian eatery opened its doors to the Marina del Rey community on served free cups of gelato and sorbetto. Customers not only got their Capri, Italy, where some of the best gelato in the world is made, but immersed in the scenery and culture.

“It’s such a beautiful thing when you can share something that makes says Remi Zimmerman, marketing & events manager and gelato chef at & Coffee Bar. “I think ice cream and gelato have that ability.”

Back when Capri Gelato & Coffee Bar was a catering company, it debuted its mobile gelato and espresso carts at the Golden Globes in 2019 and 2020, which proved to be a big hit and ultimately paved the way for the successful storefront.

According to Zimmerman, the owner of Capri Gelato & Coffee Bar, who visited Capri every summer, decided to open in Marina del

Rey because he felt the waterfront community shared many similarities with the island in Italy.

“It has that similar vibe to Capri,” Zimmerman says.

When Capri Gelato & Coffee Bar first opened its doors to the public, I had the chance to try the stracciatella and passion fruit goat cheese gelatos. Upon my first taste of the stracciatella, my taste buds were savoring the creamy flavor, which featured a combination of milky ice cream with chocolate shavings. It tasted fresh and I could tell that it had just been made. Eating the stracciatella reminded me of the time I had ice cream in Nice, a seaside town in France that is close to the border of Italy. The fresh creamy flavor was rich in taste with fresh ingredients from the Mediterranean and nothing tasted artificial or processed. However, what distinguished the two was that Capri Gelato & Coffee Bar’s gelato had just the right amount of sweetness.

What really blew my mind was the passion fruit goat cheese. Initially, I was nervous to try this flavor, since I didn’t know what it would entail as I’ve never had any ice cream with goat cheese or passion fruit before. However, it turned out to be one of the best flavors I’ve ever had. The gelato was delectably creamy yet it provided an inviting tangy taste of the fruit. It’s hard to tell that the gelato is made out of goat cheese because it’s blended in so well. I also enjoyed a macaroon with my gelato; because the gelatos weren’t overly sugary, I didn’t feel guilty indulging in another treat.

Zimmerman explains that Capri Gelato & Coffee Bar has a whole gelato case in the store dedicated to sorbetto. These sorbetto also highlight the taste of the Amalfi Coast as they are made from fresh fruit, aren’t frozen and don’t have any purees. They are also vegan and non-dairy. All of the ingredients are fresh and locally grown, as many ingredients are from farmers markets. Because Capri Gelato & Coffee Bar is dedicated to making its dishes with fresh items, the gelato menu changes every two weeks so that everything remains in season.

Not only do Capri Gelato & Coffee Bar’s menu items take you to Italy, but so does the atmosphere of the store. Zimmerman says that opening during the pandemic had presented some opportunity as they were able to provide a vacation-like experience during a time when there is no travel.

“We just wanted to create this vacation-inspired spot for locals,” Zimmerman says.

On opening day, some customers said that they had either planned to go to Italy for the summer or had just returned from visiting there.

“They were really excited to have gelato flavors and coffee that reminded them of a place or experiences that they have really



Photo by Equipment and Concepts
www.equipmentandconcepts.com/

enjoyed," Zimmerman adds.

The store shows a map of Capri, along with plants and paintings of the Italian island and Los Angeles to demonstrate the best of both worlds. It also showcases lemons on tables and in its food, as lemon trees are prominent in Capri.

Aside from ice cream, the store has a variety of other menu items including coffee, pastries, toast and more to garner the authentic experience of dining in Capri. However, your passport to Capri extends beyond your store visit. If you subscribe to their mailing list, you can receive updates twice a week on coffee specials, breakfast items, new menu items, loyalty programs and coupons. They are also currently launching a delivery system with Uber Eats .

See you at 4222 Lincoln Blvd in Marina del Rey!

For more information on Capri Gelato & Coffee Bar, visit www.caprigelato.com or their Instagram page @caprigelato

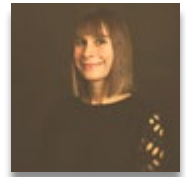
10 Healthy Desserts and they're Tasty, Too

By Angela Haupt

November 1st, 2020 Hypertension, or high blood pressure, is the most common preventable risk factor for heart disease (Trusted Source).

A SWEET TOOTH IS MEANT to be satisfied—yes, even if you're watching your weight. Dessert, after all, is one of life's pleasures, and deprivation typically backfires. It doesn't have to be a high-calorie, high-fat disaster, either: The trick is making smart choices and substitutions. "Take advantage of foods that are naturally sweet and simply delicious," says registered dietitian Keri Gans, author of *The Small Change Diet*. Steer clear of fatty ingredients like creamy whipped topping or butter, and stick with fresh fruit and low-fat choices. Here are 10 desserts that are as healthy as they are tasty:

1. Grilled fruit. Try throwing pineapple, banana, apple, or pear slices on the grill. "There's nothing healthier than sticking with fresh fruit, and on the grill, it becomes even sweeter," Gans says. Grilling concentrates flavor by reducing water content, while also caramelizing the fruit's natural sugars. One serving of grilled pineapple usually provides around 80 calories.
2. Dark chocolate "bark". Melt dark chocolate and spread it on parchment paper. Sprinkle in healthy ingredients like tart cherries or sunflower seeds, suggests registered dietitian Dawn Jackson Blatner, author of *The Flexitarian Diet*. Refrigerate it for five minutes before breaking it into small pieces. "It's a healthy option because dark chocolate has less sugar than milk chocolate," says Jackson Blatner. "And it contains more cocoa, which may make it heart-smart." One piece of "bark" should come in at less than 100 calories.
3. Ricotta and berries. Blend 1 cup of mixed berries with ¼ cup of low-fat ricotta. "If you're in the mood for ice cream, this can do the trick," Gans says. "It's creamy, sweet, and low in calories." One serving provides between 150 and 200 calories.



4. Healthy apple "pie." Bake an apple, cut in half, until soft. Top it with 2 tablespoons of low-fat Greek yogurt, a dash of cinnamon, and crumbs from one crushed graham cracker. Expect to spend about 150 calories.

5. Biscotti. "If you can stick with one, it's a great low-calorie cookie," says Gans; the smaller ones should only set you back about 70

calories. Liven things up with, say, an almond-apricot version, or even honey pistachio.

6. Greek yogurt berry brûlée. Spread plain, nonfat Greek yogurt over fresh berries in a small serving bowl. Sprinkle on a teaspoon of sugar, and use a culinary torch to burn the sugar for a minute or two, until it's golden. Not only is this treat tasty, but the yogurt is packed with protein, and there's lots of vitamin C and calcium, too. Calories: around 175.

7. Banana "ice cream" with cinnamon and walnuts. Purée frozen banana chunks with a splash of almond milk, creating a treat with a creamy, ice cream-like texture. Sprinkle chopped walnuts and cinnamon on top. (Cinnamon is thought to have anti-inflammatory effects, and may help diabetics manage their blood sugar levels.) This dessert is a "perfect sub" for ice cream, says Jackson Blatner. "It has less calories, no fat, no added sugar, and potassium and fiber from the banana." Calories should add up to around 200 to 230.

8. Chocolate chia and almond bites. Use a food processor to purée pitted dates and water until a sticky paste forms. Add in cocoa powder, almonds, and chia seeds to create a solid dough. Shape the mixture into tablespoon-balls, and then refrigerate for 30 minutes to an hour. The dates make the dessert sweet, and the almonds and chia seeds provide healthy fats—along with texture and crunch. Calories: 160.

9. Mini ice-cream sandwiches. Put a small scoop of light vanilla ice cream or frozen yogurt between two vanilla wafers. Roll the sandwich in finely chopped dark or bittersweet chocolate so that it sticks to the ice cream. Each sandwich should cost about 200 calories.

10. Dark chocolate-dipped fruit. Microwave a dark chocolate bar until it's almost melted, and then dip in the fruit of your choice—be it strawberries, mango, papaya, apricot, or banana. "It's a nourishing and filling option, since fruit is loaded with fiber and water," says Jackson Blatner. Antioxidants in cocoa are thought to boost the flexibility of blood vessels and lower blood pressure; since dark chocolate has a higher concentration of cocoa than milk chocolate, it contains more of these helpful compounds. Calories in a single chocolate-covered strawberry: around 80.

Over 1 billion people around the world have high blood pressure, which is defined as systolic blood pressure (SBP) values (the top number) of 130 mm Hg or more, diastolic blood pressure (DBP, the bottom number) of more than 80 mm Hg, or both (2Trusted Source).



Medications, including angiotensin-converting enzyme (ACE) inhibitors, are commonly used to reduce blood pressure levels. However, lifestyle changes, including dietary modifications, can help lower blood pressure levels to optimal ranges and reduce your risk of heart disease.

Following a nutritious, heart-healthy diet is suggested for all people with high blood pressure, including those on blood-pressure-lowering medications (1Trusted Source).

A healthy diet is essential for lowering blood pressure and maintaining optimal levels, and research has shown that including certain foods in your diet, especially those high in specific nutrients like potassium and magnesium, reduces your blood pressure levels (1Trusted Source, 3Trusted Source).



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