



ARIES (MAR. 21- APRIL 20)

You can ask for favours but don't take them for granted. Focus on get together with friends or relatives. Your lucky day this week will be on Sunday.



TAURUS (APR. 21- MAY 21)

You may find that relationships are not going as well as you'd like. Money can be made if you use your ingenuity. Your lucky day this week will be Thursday.



GEMINI (MAY 22-JUNE 21)

Consider a trial separation with your spouse if you can't come to terms. Children will be of major concern. Your lucky day this week will be Tuesday.



CANCER (JUNE 22-JULY 22)

You can find out important information if from friends. Use your creative flair. Don't debate on senseless issues. Your lucky day this week will be Monday.



LEO (JULY 23-AUG 22)

Your hard work and dedication will pay-off, so stick to your guns. Trouble could be brewing at home, just focus on work. Your lucky day this week will be Wednesday.



VIRGO (AUG. 23-SEPT. 23)

You're in the mood to do competitive things. Confusion is apparent and you'll need some sound advice. Your lucky day this week will be Friday.



LIBRA (SEPT. 24-OCT. 23)

Don't reveal information that is personal or confidential. Stay calm and focus on things. Passion should be redirected positively. Your lucky day this week will be Saturday.



SCORPIO (OCT. 24-NOV. 21)

Try to curb your bad habits. Compromise with your partner. Family members of may take advantage of you. Your lucky day this week will be Tuesday.



SAGITTARIUS (NOV. 22-DEC. 21)

Helping children may be rewarding. Stress may cause minor health ailments. Don't let your partner put you down. Your lucky day this week will be Monday.



CAPRICORN (DEC. 22-JAN. 20)

Try not to take others for granted. Tempers could get out of hand today. Unexpected events may upset your routine. Your lucky day this week will be Thursday.



AQUARIUS (JAN. 21-FEB. 19)

Your moneymaking opportunities will flourish. Children may be less than honest with you. Travel will be enjoyable. Your lucky day this week will be Friday.



PISCES (FEB. 20-MARCH. 20)

Your best results will come through business trips. Don't let infatuations with colleagues get out of hand. Your lucky day this week will be Monday.

FYI

World Nutella Day

WHO would have thought the creamy hazelnut delight Nutella would have a day dedicated to the celebration of its spoon licking goodness? But then again, anyone who has tasted the amazing spread that it is, will not be surprised to hear that February 5 is World Nutella Day. And the spirit of this day is embodied by one single line on the World Nutella Day website – "We had a dream. And a spoon."

The day in celebration of Nutella was formally declared in 2007, and since then the tradition has continued. Sara Rosso, an American blogger living in Italy, thought that there were many days in the year but no day set aside to appreciate Nutella and voila, the World Nutella Day was born.

Nutella goes well with almost anything and the staggering amount of recipes that are available online shows that everything



tastes better when Nutella is involved. From breakfast dishes such as cinnamon rolls, French toast and granola to brownies, cakes, cookies and even pizza – the Nutella Day website has a compilation of recipes that can keep a belly happy for years.

According to livestrong.com, the hazelnuts in Nutella can even have its own benefits if had in moderation. It could provide support for your heart and nutrients for

your diet. One thing to look out for is quantity though, since the fat and sugar content is a little high.

Whether you like Nutella as the good old spread on your morning bread, as part of a glorious cheese-cake recipe or the guilty pleasure of eating it all up with a spoon at one go, February 5 is a way to pay homage to the world's favourite spread. For more information on the celebrations and to indulge in Nutella, check out the website www.nutelladay.com.

To check out the action around the world, see the World Nutella Day Facebook page or follow the Twitter stream @nutelladay. Take it one step further and pose for a selfie with your favourite Nutella based food and use the hashtag #nutelladay on Instagram.

–LSDesk

FOOD-O-GRAM BY RUKHSARA OSMAN



Nuts for Nutella!

Just the word itself makes my eyes go out of focus and say, 'Nutella' exactly the way Homer Simpson would. Let's jump right into the recipes, faster the better.

EASIEST CHOCOLATE MOUSSE

This is no ordinary mousse that too, using only two other ingredients.

Ingredients:

1 cup heavy cream
½ cup nutella (or other chocolate hazelnut spread)
Whipped cream, ferrero rocher to garnish if desired

Method:

Add the nutella to the bowl of a standing mixer or a large mixing bowl. Whip using the whisk attachment for one minute. Add the heavy cream and mix with the whisk attachment on medium high speed for one minute. Scrape down the sides and bottom of the bowl and mix for another 1-

2 minutes or until soft peaks

form. Transfer the mixture to a bowl and place in the fridge for at least 2 hours or overnight.

NO-CHURN ICE CREAM

This wonderful 'cheats' recipe incorporates condensed milk and Nutella. This recipe requires hazelnuts, but if you do not have it or cannot find it, substitutes are written



next to it.

Ingredients:

395g can condensed milk
¾ cup Nutella, ½ cup cocoa,
125g hazelnuts/walnuts/peanuts
2 cups heavy cream
1 cup good quality dark chocolate, chopped finely into 'chips'
Extra ½ cup chocolate

Method:

Dry-roast the hazelnuts/walnuts/ peanuts in a large fry-pan on the stove top over a medium-low heat for a few minutes, moving them around constantly to ensure they don't burn.