

## WHAT'S NEW

"As for coffee, there is a lot happening," says Dana McCauley, cookbook author, trend forecaster and coffee aficionado. "One of the most consumer-focused changes in coffee is the move to single-serve brewing from drip coffee makers for the home and pod-style espresso makers, such as Tassimo."

Tassimo (right) is a coffee system designed and developed by Kraft that uses T-Discs, a self-contained brewing chamber with individual, precisely measured amounts of coffee. The T-Disc utilizes smart technology. A bar code is read by the sleek, stainless steel coffee maker to provide the exact amount of water, optimal brewing time and temperature. It can even serve up bold espressos topped with cream and frothy cappuccinos, with no need for a steam wand.



## CAFFEINE FLAVOURS

McCauley notes another trend in coffee: "Not only is coffee being used more often as a flavouring for candies, desserts and even gum, but the caffeine properties are also being incorporated into a lot of foods to give people energy boosts without having to drink coffee at all." In line with this trend, Coca-Cola recently launched a carbonated drink called Blak (left), which is a fusion of the classic taste of Coca-Cola and the flavourful coffee essence. Touted as "an ideal afternoon pick-me-up," Blak weighs in at 45 calories, 0 grams of fat, 35 milligrams of sodium, 12 grams of carbohydrates and 12 grams of sugar per 237-millilitre bottle.

## COFFEE-INSPIRED HOLIDAY GIFTS

Our love affair continues with coffee-inspired gifts for the holidays. Baroque-inspired hatboxes and decadently delicious Dark Chocolate Dipped Belgian Marshmallow Squares are among the elegant items offered by the Second Cup. Get some good coffee karma by treating your fellow coffee-lovers with a Glitter Ornament for the tree, paired up with a Starbucks Card or a blue Hanukkah Mug, for eight-days worth of coffee savouring. Ditch the guilt and raise your cup to warm, fragrant and comforting coffee, the aromatic drink that best punctuates our day. ☑

## FUN FACTS

- Brewed coffee was first used for medical purposes in the 17th century, to treat measles and kidney stones.
- The first coffee trees grew in Ethiopian rainforests.
- The first espresso machine was manufactured in Italy, in 1903.
- Latte art – designs in the foam of espresso drinks – is popular in the Netherlands.
- Far Coast, Coca-Cola's first concept store, opened last fall in Toronto. It serves up global blends of coffee, lattes, espressos and cappuccinos using a pod-based system.
- There are 6,495 Starbucks stores worldwide. In Canada, there are 2,625 Tim Hortons, 500 Second Cups and 140 Timothy's.

**SIPPING SAFELY** Some women are taking the bite out of potential teeth stains by drinking their coffee through a straw. "Supposedly a straw pushes the coffee to the back of the mouth so that teeth (especially front) can remain stain-free," says Dr. Vineet Bhandari, a dentist based in Hamilton. "This definitely helps, but coffee remaining in the mouth, for example on the tongue, taste buds and angles of the mouth, will eventually stain teeth." He adds that drinking hot coffee with a straw can burn the back of the throat. "To keep teeth looking clean, floss, get professional cleaning, maintain good oral hygiene and perhaps whiten your teeth. Rinsing with water soon after drinking coffee is a good idea, too."

## COFFEE SHOP



Hannukah mug, \$11.95

Glitter Ornament & Starbucks Card, \$7.95



Second Cup hatboxes, \$7.95 – \$11.95



Second Cup Dark Chocolate Dipped Belgian Marshmallow Squares, \$5.95