

COSMOPOLITAN

JUNE 2013

get it on!

**MAKE
SEX
HOTTER**

**20 WAYS
TO LET LOOSE
TOGETHER!**

**WHAT
GUYS
DON'T
TELL
YOU AND
WHY**

Is Your Friend
Holding You
Back at Work?
P.105

MUST-READ

**WHEN
YOU CAN'T
STOP
THINKING
ABOUT
FOOD...**

*your
sexiest*
Summer
ever!

**FLIRTY DATES,
REAL ROMANCE**

**+ BEACHY LOOKS
UNDER \$50**

sofia
vergara

"I've Never
Had a Plan for
Anything"



BUILD A BETTER... SMOOTHIE



The celeb addiction that won't land you in rehab.



Rachel Bilson



Jake Gyllenhaal



Anne Hathaway

Portable, full of nutrients, and totally refreshing, smoothies are the ultimate summer breakfast. Try a bold blend from Café Gratitude, a celeb-frequented vegan chain in California.

Swap in whichever milk is your fave.



I AM SWEET

Blend 8 ice cubes with 1 cup almond milk, 6 strawberries, 3 whole pitted dates, ¼ teaspoon vanilla, and one pinch salt.



I AM VIBE-Y

Blend 10 ice cubes with ½ cup each coconut milk, chopped pineapple, and low-fat yogurt; 1 tablespoon each lime juice and honey; 10 mint leaves; ¼ teaspoon vanilla; and one pinch salt.



I AM SPICY

Blend 1¼ cup water, ½ celery stalk (chopped), 2 kale leaves, ½ cucumber, ¼ avocado, 1 tablespoon each chopped cilantro and lemon juice, and ¼ jalapeño (with seeds).

LOOK FOR THE HEALTHY SEAL OF APPROVAL



QUICK TIP
Don't Sweat the Salt

Adding a pinch to hot water when you're blanching veggies will not only pump up their texture, color, and flavor, but it will also lock in nutrients.

SOURCE: KRISTY LAMBROU, RD, CULINARY NUTRITIONIST AT ROUGE TOMATE RESTAURANT, IN NYC

Although it has a schmyancy Michelin star to its name, the food at NYC's Rouge Tomate is also spa-healthy: It's all seasonal and vetted by a nutritionist for salt/butter/sugar content, nutritional value, and serving size. (Think swaps like yogurt in place of crème fraîche.) The restaurant embraces the rigorous standards of a culinary certification called SPE, inspired by the Latin phrase *sanitas per escam*, meaning "health through food." The coolest thing? Restaurants and college campuses across the country are lining up to get certified—University of Massachusetts at Amherst has already been approved.

WILL RETURN



TOO SLAMMED TO EAT LUNCH?

It's not good for your waistline. Dieters who ate before 3 p.m. lost 5 more pounds over the course of five months than those who ate later, according to a new study in the *International Journal of Obesity*. The wow part: Both groups had similar calorie intake, exercise, and sleep. (Waiting so long to eat may throw your metabolism out of whack.) On crazy-busy days, snack on something energizing, like instant oatmeal with banana and peanut butter.

SOURCE: DAWN JACKSON BLATNER, RD, NUTRITIONIST IN CHICAGO



A Cooler Straw
Pop one of these stainless-steel sippers in your smoothie or cocktail: They're good for your body (BPA-free) and the environment (reusable), but our favorite perk is how frosty they feel on your lips.
\$18 for 6 at brookfarm generalstore.com

CLOCKWISE FROM TOP RIGHT: LEW ROBERTSON/GETTY IMAGES; COURTESY ALWAYS BRILLIANT; IMAGE SOURCE/GETTY IMAGES; DEAN BRYAN/NATIONAL PHOTO GROUP; BAL PH/PACIFIC COAST NEWS; FAMELYNET; BEN WATTS/TRINK ARCHIVE; (SWEET SMOOTHIE, FROM LEFT) KRISTIN LEE/GETTY IMAGES; RUDU/GETTY IMAGES; JAMES BAIRD/GETTY IMAGES; LAUREN BURKE/GETTY IMAGES; LEW ROBERTSON/GETTY IMAGES; UBBEY/SMDTHIL; CLOCKWISE FROM LEFT) LEW ROBERTSON/GETTY IMAGES; FLAVIO COE/RO/GETTY IMAGES; ADRIAN ASSAL/GETTY IMAGES; INA PETER/GETTY IMAGES; CREATIVEMEDIA/GETTY IMAGES; KRISTIN LEE/GETTY IMAGES; VICTORIA PEARDON/GETTY IMAGES; JAMES BAIRD/GETTY IMAGES; SPICY SMOOTHIE; CLOCKWISE FROM TOP LEFT) STOKCRAFT/GETTY IMAGES; GOURLING KIN/ROB/LEVO/GETTY IMAGES; STEVEN WISSBAUER/GETTY IMAGES; MARK WEISS/GETTY IMAGES; JOHN BOYES/GETTY IMAGES; JOHN GOLLOP/GETTY IMAGES