

Take a walk on the lighter side



ALYKHAN VELJI
ALY'S FAVOURITE THINGS

For a while now, dark wood floors have been all the rage. Like the way beige walls trend stuck around for so long, it seemed the majority of new flooring purchases (modern and traditional) were dark wood.

However, there finally seems to be a break in the dark flooring trend and I thought this week, we could talk about some fabulous new flooring options that are vying for top spot. The trends are shifting a few ways: Raw and unfinished, grey tones, and sun-bleached.

It can be hard to decide which way to go, but as a rule of thumb you want to think of your floor as the canvas. Don't go too flashy or they will compete with everything else in the space. Whether your preference is engineered, solid, or laminate, try to keep them neutral and buy the best quality you can afford.



Kentwood Brushed Oak Fjord. (floortrendz.ca)
A light tone oak, with a brushed texture, this gorgeous floor will give your space a white sand beach vibe. Paired with sleek modern accents, it adds just the right amount of texture. Oak flooring is definitely making a comeback.



Lauzon Tobacco Brown. (floortrendz.ca)
If you love an antiqued look, this hand scraped, matte finish is a great choice. This reclaimed style flooring works particularly well for high traffic areas with its scratch and scuff-resistant finish. No added VOCs, solvents or formaldehyde are used in the production process, which makes this a great choice for allergy and asthma sufferers.



Kentwood Brushed American Walnut. (floortrendz.ca)
You can't go wrong with walnut, especially this engineered wide plank in a brushed finish. Working in any interior, it provided warmth and sophistication, while the brushed finish gives it a casual appeal.



Lauzon Travertine. (floortrendz.ca)
Giving a sleek and contemporary appearance, this travertine option provides ample texture to any modern space. It has a grey tone, with a linear look, and comes in a semi-gloss finish for just the right amount of reflection. This flooring also contains Pure Genius, an air-purifying agent made of titanium dioxide that is integrated to the floor finish. Activated by natural light, it breaks down toxic contaminants on contact and transforms them into harmless molecules. So high-tech.



Matthew Mead/The Associated Press
This hummus is rich, creamy and chocolatey.

Chocolate hummus leaves tastebuds humming

J.M. HIRSCH
THE ASSOCIATED PRESS

Admittedly, it sounds like a Halloween trick. Chocolate hummus.

It's either disgusting or just a cruel joke, right? Neither, actually. But when I first saw it sold alongside "real" hummus at the grocer, I decided it had to be one of those. There was no way a traditional hummus base — with all sorts of savoury things like chickpeas — could possibly play nice with chocolate.

I was pleasantly mistaken. It was rich, creamy and chocolatey, and thick enough to spread easily. Think of it as a slightly more textured Nutella, and every bit as sweet and delicious.

But nutritionally, there's a big difference. While traditional Nutella packs 200 calories per two-tablespoon (30-millilitre) serving, the chocolate hummus I'd purchased had just 50 calories. Nutella has 12 grams of fat, while the hummus has just two grams. Even the carbs are cut way down — 21 grams for Nutella, 10 grams for the hummus.

Chocolate Hummus

Start to finish: 10 minutes
Makes 2 cups (500 mL)

- 15 oz (426 g) can chickpeas, drained
- 6 tbsp (90 mL) cocoa powder
- 1/4 cup (60 mL) honey or agave syrup
- 3 tbsp (45 mL) coconut oil
- 2 tbsp (30 mL) water
- 1 tsp (5 mL) instant coffee granules
- 1/2 tsp (2.5 mL) vanilla extract
- Pinch salt

In a food processor, combine all ingredients. Process until smooth, stopping the processor to scrape down the sides of the bowl as needed. Use immediately or refrigerate. Tightly wrapped and refrigerated, the hummus will keep for up to a week.

CO-OP

WINE SPIRITS BEER

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1L

122⁹⁹ each
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Nov 8, 2014 | 6:00 pm
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Menu

Selection of Canapés
Tomatin Legacy

First Plate
Roasted Butternut Squash Soup
Tomatin Cu Bocan

Second Plate
Bay Scallop Wrapped Gulf Prawn
Ballotine with Lobster
Tomatin Reduction
Tomatin 12 Year

Entree
Filet Mignon Tenderloin Served
Medium-Rare with Black
Mission Fig Whisky Glaze
Tomatin 14 Port Wood

Dessert
Buchanan's Sticky Toffee Pudding with
Chocolate Amore & Toffee Sauce
Tomatin 18 Year

Raise your glass with Whisky

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| <p>GLENDRONACH 21 YEARS OLD 700 mL</p> <p>112⁹⁹ each SAVE 16.50</p> | <p>ABERFELDY 21 YEARS OLD 700 mL</p> <p>99⁹⁹ each SAVE 11.00</p> | <p>TOMATIN 18 YEARS OLD 750 mL</p> <p>89⁹⁹ each SAVE 16.00</p> | <p>GLENFARCLAS 17 YEARS OLD 700 mL</p> <p>75⁹⁹ each SAVE 14.00</p> |
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