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## 1 Are Cryptocurrencies Worthy of Investment?

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The concept of cryptocurrency first emerged in 2009 with the launch of Bitcoin. Even till date, it is the most popular cryptocurrency in circulation. In case you're among those who are still a bit clueless about this concept, let us first understand some of its salient features.

### **About Cryptocurrency**

Cryptocurrency is essentially money in digital format. Cryptocurrencies are generated when their 'miners' are able to solve a cryptographic puzzle. This is known as 'proof-of-work'. This is also used as a means by which a new 'miner' is screened before being allowed in the community. The way to spend cryptocurrency is for the owner to 'write' using their private key. Once such a transaction is made, each and every node or peer in the network records it and it becomes irreversible.

### **Strategy Behind Cryptocurrencies**

Cryptocurrencies are based on the revolutionary block-chain technology, because of which it has become possible to generate and own decentralized money, since each and every node on the server maintains all transactional records. All transactions are confirmed by the 'miners' after which they become one more immutable block of the 'blockchain'. For this work as well, 'miners' are issued with some cryptocurrency units.

### **Prices and Market Shares of Major Cryptocurrencies**

Bitcoin, Ethereum, Ripple, Bitcoin Cash and EOS are the five major cryptocurrencies in circulation today. Together, they account for 70% of the cryptocurrency market share, with bitcoin leading the pack at 37.8% and Ethereum being a distant second at 15%.

In terms of prices as well, Bitcoin is the most expensive at USD 9,367 per unit, while Ripple is counted amongst the least expensive cryptocurrencies at USD 0.85 per unit.

However, out of these 5 currencies, Ripple has the most number of units in circulation currently at more than 39 billion, while bitcoin units number around 17 million.

### **Pros and Cons of Investing in Cryptocurrencies**

One may find cryptocurrencies to be a lucrative investment option for various reasons – the primary one being that you don't need any permission to generate and use this kind of money. If you have the software downloaded on your machine, you can send and receive these currencies freely.

Secondly, the transactions are global in nature, thereby allowing you to trade freely and without any restrictions. Thirdly, since cryptography is ingrained in this concept, the transactions are secure. Fourth, they are absolute in nature and do not have any debt aspects associated with them, like government-issued legal currencies. Due to this, there are some who believe that this currency mirrors the monetary characteristics of precious metals, since no debt is associated with them. Lastly, since this is a decentralized money, it is free from political influence and any manipulations by central monetary agencies.

A lot of technology experts have claimed that this concept would be a global monetary game-changer.

However, like everything else in life, there is a flip-side to this seemingly happy story as well. Most important of all aspects is that this currency attributes ownership of units to 'addresses' alone, and

not any verified individuals. So, anyone trading in these currencies online would not be aware of the credentials of the other party. This opens up opportunities for a vast variety of blackguards including terrorists, black money hoarders, drug dealers, arms dealers etc., to operate freely in anonymity.

Equally important is the fact that these currencies do not come with any underlying sovereign promise to pay their bearer with any equivalent amount in an equally-valuable commodity like, say, gold or oil. So, with no central owner for this commodity, there is no single bearer of responsibility as well. Hence, when a large bitcoin exchange goes bankrupt, apparently due to theft, there is no accountability to be fixed, no simple way to investigate the matter and as with any other fraud, the investors lose a heap of money overnight! And to think that amongst the topmost benefits of these currencies is the 'inherent' security.

Besides, none of the Governments have backed any of these currencies as yet. In fact, many have gone on to ban them within their borders. This has made the cryptocurrency market pretty volatile. It has also put a big question mark on their ability to be exchanged for anything apart from the little gifts (music, movies, games, gift cards etc.) that they can buy today, in future as well.

Another considerable aspect is that while in a sense it is okay to hail cryptocurrencies as being 'absolute' in monetary sense, it is another to expect that their inherent 'value' would not fluctuate in keeping with the basic demand and supply rules. Say, if an owner can buy 1 laptop in 20 units of cryptocurrencies today, with increased mining of this currency, it could definitely be possible that the laptop would come in terms of 30 or even 40 units a month down the line. So, probably there is nothing 'absolute' about them after all.

In fact, with no monetary policies to govern their generation, there is no knowing how these currencies would impact the inflationary or deflationary situations in various economies. This can be especially dangerous for the poorest of the poor, globally, since they would have little or no access to these currency units at all.

**To conclude**, in the present situation, though cryptocurrencies are backed by very strong technologies, but being unregulated in nature, they have a high risk attached with them, since some major economies have banned them already. This is getting reflected in the fluctuations in their prices as well. For a new investor, this 'security' would involve significant high chances of losing money, since their prices have been on a downward spiral of late and uncertainties regarding their status continue to remain.

If you aim for above-average, but stable, gains, and would like to take a long position on this security, then you are better-off waiting for at least a few major economies to respond positively to it. It would be better to have some guidelines and regulatory frameworks to come in before you jump into the 'crypto' bandwagon!

However, in case you wish to enter this market simply for making some quick bucks, you may consider taking a short position on this security. However, even that is fraught with some good-level of risks due to the volatility.

## 2 The Dummy's Guide to Roth Individual Retirement Account (IRA)

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A Roth IRA is a type of retirement plan that lets you take advantage of a lower tax rate at present instead of having to pay a higher tax when you withdraw your retirement savings. It is different from other IRAs like 401(k) as it does not qualify for deductions from your taxable income (which essentially means that you pay for it from your net income), but it allows you to withdraw your savings without having to pay any taxes on them, subject to certain conditions. It provides enough flexibility to allow for investments in a variety of instruments like stocks, bonds, mutual funds, derivatives, notes and even real estate.

### **Who is the Roth IRA Best For?**

While any taxpayer earning a compensation (as a wage, salary, commission, bonus etc.) falling within the Modified Adjusted Gross Income (MAGI) limits is eligible to contribute to the Roth IRA, it best serves your financial and retirement goals in some specific circumstances.

### **You Are Starting Out Young**

If you have started to plan for your retirement at a very young age, when you are likely to fall into a lower tax bracket, the Roth IRA would prove to be a good retirement option for you, since with your growing income, you would be highly likely to fall into a higher tax bracket as you approach retirement. So, while the 401(k) allows you to claim for tax deductions now, you would set yourself up for a tax deduction on withdrawals during your retirement, when there would be little or no income from any other source. It may be more astute on your part to pay taxes NOW, when they are lower, as compared to later, when they would be higher.

### **You Cannot Afford A High Contribution**

For individual taxpayers below the age of 50 years, the annual contribution limit is \$5,500, which increases to \$6,500 for those who are 50 years or older. This is quite decent for a young contributor who may not be earning a very high salary. Even if one is contributing \$3,000 per year, starting at the age of 22, the annual compounded interest would add up to a significant figure by the age of 65 years (retirement). And the withdrawals would all be tax-free. In comparison, the contribution limit of 401(k) are definitely higher at \$18,500 per year, but anyone starting out young may not be able to contribute that much initially, anyways. Also, the associated tax deductions would definitely impact the final accumulated earnings.

### **You are Willing to Invest for the Long-term**

The minimum holding period before you can withdraw qualified amounts from your Roth IRA, is 5 years. This should not look like a very long time for a young worker who has entered the industry for the long haul and would not be needing to use his/her retirement funds in the short run.

### **Choices**

Essentially, the decision to go for one out of the Roth IRA and other traditional plans like 401(k) comes down to the choice between immediate or deferred consumption, i.e., whether you are willing to pay the taxes now, to enjoy a tax-free retirement income. It also depends upon your current financial position, anticipated needs in future along with the investment horizon that you are looking at.

### 3 MicroSky's Email Hosting Solution

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An email hosting service is one where the service provider manages email servers on his own premises on behalf of the Client.

Our email hosting solution would enable you to free-up your resources (in terms of hardware as well as IT team) for other more business-focussed tasks. Our service also boasts of features like autoresponders, aliases, protection from spam and viruses, email rules, calendars, whitelists, blacklists, online storage, email backup and archival etc. In case you would want to enforce an email authentication scheme, we are able to accomplish the same as well.

While on-premise email hosting may initially come across as an option that gives you flexibility in terms of hardware options and their maintenance contracts, solution configuration and customization, implementing the required level of security policy (firewalls, DMZs, filtering rules etc.), control over your data since it would reside on-site and ensuring on-site availability of support (own IT Team), it has its own disadvantages.

The biggest disadvantage is the effort required for technology procurement and implementation of the solution.

- For an on-site implementation, you would first need to explore the various technology options in terms of their suitability, life, maintainability, robustness, sizing, other hardware and software requirements etc. Things would not stop at the servers and the email solution. There would be a host of other IT and non-IT components that would be require attention and checks for compatibility like Network, Enterprise Management Solutions etc.
- Once a technology has been finalized, it would need to be procured, which is also an activity that requires significant time and effort of various teams of the organization – IT, Finance, Legal as well as Management. The tender procedure would have to be managed, time would be spent in bid evaluation, verification of credentials and identification of the bidder offering the best value.
- Negotiations with vendors would also be required. There would be multiple rounds of back-and-forth between your technical and legal teams, and those of your chosen vendor, before the Contract is finally signed.
- Technology implementations are more often than not, complex and time taking. Schedule slippages are very common. It often involves having to coordinate between multiple teams, for example your existing IT vendor, and the new vendor that would have engaged.

In fact, even after the solution has been implemented, there are a whole host of tasks to be carried-out.

- Email problems get reported very frequently. Maintaining the operations requires significant effort, constant monitoring and regular troubleshooting.
- Dedicated teams are required to manage service or incident tickets and recover from any crashes that may occur. You may have to reach out to multiple parties to carry-out a single root-cause-analysis.
- Backups and archiving needs to be managed.
- Any updates to security policies need to be carried-out, for which security experts are required.
- Any updates to email clients would have to be managed, as and when they become due.

- Further, once the hardware is end-of-life and end-of-support, an exhaustive migration activity would have to be undertaken. This would be a complicated exercise once again.

Hence, aside from the capital and operational costs which are visible upfront, there are a lot of hidden costs also involved.

An off-site email hosting is definitely a more viable option when you consider the advanced security features which are available as a part of our services, along with guaranteed service and significantly lower costs. In fact, all the inbound and outbound emails of your users would have to pass through our security buffer first. This would ensure that threats like viruses have been scanned and the email content adheres to your organizational policy, prior to the emails getting released outside, or getting downloaded on your users' PCs. So, you would be able to avail of enterprise email service even with limited IT budget and your in-house IT team would not have to expend any efforts to procure, implement and maintain the solution, thereby making this a clearly more practical option.

### **What is our Email Hosting Solution?**

MicroSky offers Email Hosting Solution, which allows you to choose how many email users you have within your organization and the storage space required per user and specify the security policies that you would like us to configure for you. Then, you leave the rest to us, and get ready to experience an enterprise email solution.

Our billing is also very simple. You pay only as per what you use. It all comes down to the number of your users and the storage that you require.

### **Following are some benefits of MicroSky's Email Hosting Solution:**

1. You would not have to earmark valuable resources to acquire and then manage your email solution. We would undertake the responsibility of managing these services end-to-end on your behalf, leaving you free to concentrate on your business.
2. You would not have to worry about any hardware-related aspects like equipment getting end-of-life or end-of-support or Annual Maintenance Contract with the Original Equipment Manufacturers. We take care of all this at our end and let you simply concern yourself with using your email.
3. You can increase and decrease the number of your users as per your need, without any associated concerns for additional hardware or software licenses. We take care of scalability for you.
4. You will be able to easily monitor you email server account in terms of traffic and interception of security threats like malware, virus etc.
5. Spam filtering – We can create policies that can prevent spam and black-listed content from the reaching the email server and the users.
6. You would be able to access your emails over mobile, anytime and anywhere you want.
7. We would ensure that there would be no downtime and emails/webmail would always be available. You would not have to worry about points of failure or dread dealing with email-related emergencies.
8. As your email hosting partner, we would provide you with our services at a fraction of the expense which you would otherwise incur for hosting them on your own. And you pay for only wat you use – so no worries about any unused licenses.

9. 24/7 Support:

We offer the best email hosting/ webmail hosting, provide 24/7 customer support and the best service levels in terms of response and turn-around time.

We have what it takes to provide the best services and value for money!

#### 4 Why Macquarie Group's Stocks May Outperform its Peers in the Coming Few Weeks

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If you are amongst those who keep an eye out for the 'Financials' sector, you would know that it is the largest component of S&P/ASX 200 (Index: ^AXJO) (ASX: XJO). As on 4<sup>th</sup> April 2018, it accounted for 34.8% of the total market cap of the index.

Of the stocks that constitute this sector in ASX 200, Commonwealth Bank (ASX: CBA), Westpac Banking Corp (ASX: WBC), ANZ Banking Group (ASX: ANZ), National Australia Bank Ltd (ANZ: NAB) and Macquarie Group Ltd (ANZ: MQG) are amongst the top 10 stocks by index weight.

Out of these, Commonwealth Bank leads the pack with the maximum market capitalization at AUD 127.17 billion, followed by Westpac Banking Corp at AUD 97.46 billion, National Australia Bank Ltd at AUD 77.41 billion, ANZ Banking Group at AUD 77.36 billion and lastly, Macquarie Group Ltd at AUD 34.74 billion.

However, it may so happen that the Macquarie Group's stocks may steer ahead of the others in their group.

We may consider the Earnings Per Share (EPS) and Price-to-Earning (P/E) ratio positions of these stocks, to understand this better.

The Macquarie Group has the highest EPS of 14.25 amongst these stocks. The remaining stocks' EPS range from 1.95 (National Australia Bank Ltd) to 5.74 (Commonwealth Bank). As for the P/E Ratios, as on 4<sup>th</sup> April 2018, the Macquarie Group was placed at 7.16, Westpac Banking Corp at 12.03, ANZ Banking Group at 12.06, Commonwealth Bank at 12.58 and National Australia Bank Ltd at 14.25.

This essentially means that the Macquarie Group's stocks would yield better results than the other stocks of the same category, and they also have more 'potential for earning' on the investment on account of the lower-than-average P/E ratio. The Macquarie Group's bold investment decisions, like the one where they are trying to partner US Government for managing airports in a USD 2.1 trillion deal, may be one of the reasons for the growing investor confidence in their stocks.

This may be the correct time for someone who is not invested into these stocks, to buy them. And for those who are already invested – well, you smelled the opportunity faster than we did! Stay invested!

A word of caution, though. The Macquarie Group's stocks are substantially more volatile than their peers. They have a beta of 1.32, while the beta of the other stocks is in the range of 0.80 to 1.09. You may like to review your risk position first.



## 5 Convenient Central Heating for Warm Homes

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It would be fair to credit the ancient Romans and Greeks for introducing the concepts of central heating to the world. With their flues and hypocausts, they definitely seemed to know their way around thermodynamics. Having learnt from them the art of ducted heating, the world has definitely come a long way since then.

Gone are the days when only the French used such ventilating systems in their mines, or only big institutions like infirmaries used hot air furnaces to keep the premises warm in cold weather. Today, not only are the central heating systems being used in commercial spaces all over the world, but they have been made economically-viable for the individual home-based buyers as well.

Today's ducted heating systems make use of advanced interrelated heating, ventilation and air conditioning operations to ensure that your home stays comfortably warm and the air quality also remains good. Hence their name – HVAC (Heating, Ventilation and Air Conditioning).

The HVAC systems consist of components to pull-in cold air, filter it to remove pollutants and bacteria, heat it using a heat exchanger, push it through a maze of insulated ducts throughout your home, release it using vents, circulate the stale air back to the heating unit using air grilles and vents and repeat the entire process. These systems allow you to control the temperature of your home, as well as individual rooms, using a central thermostat unit. This allows for flexible and efficient usage of the system and also helps to save on energy consumption bills.

The sizes of these HVAC systems can be customized as per the needs of the unit it needs to heat. They can be large enough to manage the needs of a commercial campus, or the small-enough to cater to the needs of a single-family home.

These systems can make use of various types of energy sources – ranging from solid fuels like coal and wood, to liquid fuels like kerosene or any other heating oil, to Liquefied Petroleum Gas (LPG). While coal and wood are cheap fuels, however, their use often always requires manual intervention, a lot of soot is left behind after their use and they also create pollutants. In case of oil, though it is possible to install automatic systems, the cost of the setup is very high. In case of LPG-based heating systems, not only is the process automatic and free of pollutants, but the price is also affordable for home users.

Besides, the energy efficiency of LPG-based ducted heating systems is also higher. A lot of manufacturers of this system are now coming out with 5, 6 and 7 star-rated units. Hence, they help the home buyers to save on recurring energy consumption charges as well, while reducing carbon footprints at the same time.

The installation of these systems is not time consuming as well. It generally takes up to a day, depending upon the size of the home and any other complexities involved.

Hence, a combination of various factors like low capital and operating costs, flexibility of usage, energy efficiency, low greenhouse emissions, easy setup and usage, etc. make a centralized ducted heating solution a value-for-money option for home users.

## 6 Infrastructure Funding for Kenmore State High School

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Sustained efforts over more than a decade by locals and school administration, and active campaigning by ex Moggill MP Mr. Bruce Flegg, current MP Dr. Christian Rowan, have resulted in increased infrastructure funding for the Kenmore State High School. The recurrent funding by Federal and State Governments has increased from AUD 16.9 million in 2014 to AUD 20.4 in the year 2016. The school's income from private sources has also increased from AUD 524,377 in 2014 to AUD 638,556 in 2016. With the availability of more funds, the capital expenditure in the school has increased from AUD 216,886 in the year 2014 to AUD 262,465 in the year 2016.

Mr. Bruce Flegg had started campaigning actively for establishing new schools in the areas around Brisbane, way back in the early 2000's. Parallely, he had also lobbied extensively for increase in funding for building additional infrastructure at Kenmore State High School, considering its increasing student base.

The locals and Dr. Rowan are still persisting with their demands for new schools to meet the increasing demands of the community. Dr. Rowan has also supported a parliamentary petition for construction of a new high school within the areas in and around Moggill, as they are expected to see a growth in the number of children who would require enrolment in high school. But the Queensland Government has consistently rejected such suggestions and stated that the existing schools, including Kenmore State High School, can meet the existing as well as future demands considering their existing capacity utilization ratios and also by increasing their catchment areas.

The Kenmore State High School, in the meanwhile, continued to seek additional infrastructure funds to construct new building as well as to enhance facilities like the school library. The request had also stemmed from the concern surrounding the removal of demountable classrooms which were being used for the students. Dr. Rowen had backed this request as well considering the changes in demography and a growing population in the Moggill electorate.

The sustained efforts began to bear fruits with an increased funding for the Kenmore State High School from Federal and State Governments. The Government also introduced plans like the "Brisbane Long Term Infrastructure Plan 2012-2031" that enabled the development and use of common facilities through collaboration between the government, community and private entities. As a result, schools like Kenmore State High School could now provide their halls for hosting community meetings. Partnerships could also be developed with schools for co-delivery of services like library, sporting facilities and art exhibition facilities. This had the potential to enable them to earn more private revenue.

The availability of increased funds has enabled Kenmore State High School to add 2 new buildings on its campus. One of them is a three-storey facility for Year 7 and another is a two-storey Special Education Unit building. These new building have been constructed to meet the Disability Discrimination Act (DDA) standards. The FKG Group had been engaged for this task. It was completed successfully in October, 2014. The expenditure towards this work stood at AUD 8.5 million.

However, the school is still in requirement of additional funds for upgrading its library and continues to petition the Government for the same.

## 7 European Universities and Publishers Caught in Open Access Battle

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Enago launched the Open Access Journal Finder (OAJF) in January this year. (5) With this, focus is back on the ongoing efforts by the academic community to ensure mandatory open access for scientific journals. The recent open access agreement between Elsevier and the Finnish Consortium, FinELib, is one notable step forward in this direction. (3) Similar agreements secured by VSNU, the consortium of 14 Dutch Universities, and SpringerNature and Oxford University Press (OUP), are also notable. (1) However, the stalemate between French Universities and SpringerNature over a mutually acceptable agreement, is a concern for the academic community. (2)

Multiple factors have contributed to the debate for providing open access to research funded by public money. The prime factor is an increase in subscription fee, especially by SpringerNature, in spite of rise in open access publishing. (2) Other reasons include EU's mandate for open access, significant public spending over research and growth of Open Access Publishing platforms like ScholarlyHub. (1) (2) (4) On one hand, the academic community is protesting the paywall and the high publishing and subscription charges. On the other hand, the publishers are citing financial non-viability as the reason for not agreeing to open access terms. (2)

### **The Dutch Success**

After years of efforts, VSNU has entered into 'publish-and-read models' with major publishing houses like SpringerNature, OUP and Wiley. This move has combined the fee for publishing open-access research and viewing another paywalled item. This has ensured that the 2,000 titles published by them annually with Springer are now open access. Also, the Dutch have begun to publish more freely available research. The publishers have also agreed that 100% open access is possible at better rates. A rejig in the publishing model may help in this regard. The Dutch seem to be leading these endeavours as of now.

A lot of sustained effort has gone into these agreements. As in case of Royal Society of Chemistry (RSC), negotiations were stalled and suspended on many occasions. This has deprived the community from access to their research. But both sides are being patient and trying to resolve the disputes. It can only be hoped that they reach an agreement soon in the interest of open access and research.

### **Battleground in France**

While the story in Netherlands has more positives than setbacks, the French one is more of a war correspondence. A national consortium of 250 French academic institutions, represented by Couperin.org, has cancelled the subscription to SpringerNature. This resulted from failed negotiations over the increased subscription charges proposed by SpringerNature. Couperin.org has reported that SpringerNature is incurring a loss of \$6 million on account of this cancellation.

The publisher has kept its doors open for further negotiations as of now. The researchers at the French Universities can still access the articles available with them.

### **Debate Rages On**

Research institutions globally have expressed concerns over multiple rounds of public spending for the same research. They have argued that the research is funded and reviewed using public funds. So, it should be freely available for them and additional funds should not be spent towards subscriptions. With the growing popularity of platforms like Sci-Hub, researchers have even begun to

question the need for subscriptions. This, and other options like seeking cooperation from colleagues, has added fuel to the researchers' war machines.

As publishers keep up their fight for higher subscriptions, more and more institutions are getting inspired by French and Dutch Universities. They are also opening up negotiations for open access agreements. It is now up to the publishing giants like SpringerNature and Elsevier to respond to the disruptions brought about by open publishing platforms.

## 8 The Best Apps Every Politician Needs

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Being a politician is no 9-to-5 job. You've got to work hours that simple mortals are otherwise not even aware of. And, while the rest of us simply write "multi-tasker" on our resume to add a bit of punch, you've really got to take it more seriously. From connecting with voters in your constituency personally, addressing audience at public debates, managing your sessions in the House of Commons, holding 'surgeries', attending public events and community functions and juggling your daily priorities, it's a whole long bucket list that you've got to manage – and having a personal assistant alone won't solve all your concerns.

To top it all, the buck doesn't stop here. You've got to keep a tab on what's happening around you and how it's affecting public opinion, so you can formulate your own strategies. This itself is a daunting task in today's age, where everyone and their uncle has access to platforms to freely air their views on just anything and everything.

So, it's but natural that in today's tech savvy world, you should also adopt some tech-based ways of managing your work and shaping your strategies more effectively!

Here are some of the best apps every politician needs to make their lives simpler, less cluttered and be more successful!

### **Digical Calendar**

Digical is amongst the most favourite calendar apps on Android. It can sync with all major calendars like Google Calendar, Outlook and Exchange. It offers a whole host of background options so you stay hooked and never feel bored. Its UI is clean and elegant. It allows you to view your events even when the event window is not open. You can even categorize events and colour code them, as per your preferences. So, the more urgent events like a Public Debate can be marked in red!

It is integrated with Google Now and so the app can notify you when it may be time to leave considering the traffic situation, for it is never a good idea to keep the members of the public waiting.

The paid version of this app, known as Digical+, also provides an integrated weather forecast view so you can plan your outdoor visits accordingly.

### **Empty Trip**

With a calendar that is full of invites and events that require attendance in person, it is definitely possible to plan ahead your visits to each of these places. While you may definitely be having access to a car, nothing beats the mood than finding a place to park!

Empty Trip is a superb app that can come to your rescue on days when there are too many events to attend and too less time to go out driving on your own. You can enter your travel itinerary in this app and it would match you with taxis that would be plying empty on your route at that particular time. Not only would it be faster and more economical and convenient for you, but it would be more environment friendly as well, since the taxi would have been out on the road anyways with or without a passenger!

So, this app creates a win-win situation for the rider as well as the taxi driver, since the rider gets discounts and the taxi driver optimizes his earnings.

It might turn out to be an even better deal for you, for you would be seen as a 'regular' relatable person who is approachable.

This app can be downloaded free from App Store/Google Play.

### **Spreadfast**

So, while you are out at events or trying to make it in time there, you would definitely be trying to stay on top of your 'social' game by posting regularly on your Instagram, Facebook and Twitter accounts. This definitely is a full-time job, what with trying to understand public sentiments on touchy topics by finding your way through a myriad of feeds, posting material that works in your favour and staying up-to-date in general.

With so many platforms, you may face trouble trying to make sense of the general 'wind' of public opinion, and let's be realistic, you may even miss-out on posting material at a time when it would have been lapped-up by one and all.

Spreadfast is an app that can help you make greater sense of social media. You can bring all your accounts under one platform. It can help you understand whether your constituency, or the public-at-large is sufficiently engaged with you. It can even help you plan for your next social campaign by providing you with detailed analysis of your past campaigns and the existing and potential voter sentiments on particular topics.

This is a paid app and you would be required to request for and participate in a full demonstration of the features before you are able to put it to use.

### **UK & World News**

This app will give you instant access to all the top BBC headlines in UK, anywhere and anytime you want – staying abreast of all the top political goings-on is definitely as important as understanding public sentiment.

This app gives you news alerts, allows you to personalize your feeds, lets you gain access to BBC stories and even watch the BBC News Channel live.

This app is available free of any charges.

### **YouGov UK**

YouGov UK is a community of users all across the world, who share their opinions on various topics – political or otherwise. They carry-out detailed research on topics that impact UK and the world, based on the opinions provided by the participating community.

This app can provide you with a good insight into topics which are affecting the UK public and how the opinion about them is shaping up.

### **Bedloo Voting**

This app allows you to create polls of your own and post them on your social media profiles from a single platform. You can even link relevant pictures and videos with the options. The voting results from all these platforms can also be summarized into a single report for easy analysis. The respondents can even submit comments on the poll apart from selecting any particular responses.

This is a powerful tool that can give you an opportunity to seek a clear understanding of public opinion on any of your political stands or on any other matter of public interest.

This app can be downloaded free of cost.

### **The Telegraph's Honeycomb Map**

While it's all good to keep your diary in pitch-perfect order, canvass for elections and keep a tab on the general public opinion, but the proof of the pudding is in eating it. Election results are what really matter at the end of the day, and you would definitely want to know if you're winning!

The Telegraph's web app would let you view overall and constituency-wise election results. A 'honeycomb-line' structure of the UK in terms of part-wise wins would be visible. You could click on specific constituencies, or even search for them using alphabetical lists.

### **Results through Technology**

With everything getting all tech-enabled, it is very much that you not stay behind the general trend and hop on to the tech wagon. These tools can really help you get ahead by staying organized and getting a fair grip on how your constituency thinks. You should definitely use them when pitching for your candidature in the next elections.

## 9 Travel Wisdom to Last You a Lifetime

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We may be living in an age where technology has made everything available to us with just a few clicks, but when it comes to travel, there are some time-tested travel tips that you should try and follow so that your vacation stays happy and uncomplicated.

### **Using Traveler's Cheques**

They might sound boring to modern ears, but there's still some wisdom left in using them, else they would not have been in such wide circulation even now! When on a long foreign holiday, you can use these cheques to hedge yourself against any foreign currency fluctuations. By using these cheques, you also get to safeguard yourself against any thefts, since they can be encashed by someone only when you sign them. In case you lose them, you can get them easily replaced within no time.

### **Printing Boarding Passes and Hotel Booking Receipts**

While those of you who make extensive use of your smartphones, may scorn at the very idea of having to print your airline boarding passes and room booking receipts, you may want to consider the situation where your phone runs out of battery or your hotel's computer system faces some temporary issue. Imagine having to stand in the long queue at the airport to get another boarding pass from the counter or waiting at the hotel reception for someone to verify your booking details!

So, this travel tip may sound old-world, but would protect you from these and many other unforeseen circumstances.

### **Money Exchange in Advance**

Did you know that the currency exchange rates offered by the counters at the airports are super expensive? Well, now that know this, make use of this travel tip and exchange your money well in advance. And you may also like to obtain currency notes of various denominations – small as well as big, for you may not be able to use the notes with bigger denominations immediately after your arrival at your destination.

### **Get Insured!**

Emergencies can strike anytime and one must stay prepared for all such eventualities. Besides, obtaining a good and cheap travel insurance is so much easier nowadays, what with the availability of varied options online. So, go ahead and safeguard yourself before you step out for that much-needed vacation.

### **International Calling cards/Local SIM Cards**

Even if you have a very cheap international roaming plan, it's always a good idea to go for international calling cards when you want to call back home, and for local SIM cards when you want to make calls within the country where you are located. After all, you may need to use 4G data while you are travelling for looking up some interesting events, locations etc. and to also find your way to these locations. The use of local SIMs is cheaper and obtaining them is also simple. You would find that a lot of local telecom service providers would have opened shops at the airport itself.

### **Backpacks with Anti-Theft Features**

Of all the travel tips, this one takes the cake! These backpacks can ensure your stuff's safety, especially if you are travelling to countries with high instances of petty thefts. They come with a lot



of hidden zippers where you can keep your valuables and a lot of them have water-resistant covers as well.

### **Local Police/Tourist Helpline Number**

While everyone plans upon having a safe travel, it is always a good idea to stay prepared for all eventualities. Keeping the local police or tourist helpline number handy with you, is one of the ways of ensuring that help would be at hand when you would need it. You may want to memorize these numbers apart from keeping them on your phone's speed dial. This would help you in case your phone's battery was to drain out.

And remember, there are countries where the numbers for police and ambulance may be different. So be sure to understand which services are available at which number.

### **Passport Pouches**

Most under-rated of all travel tips, this might be the one that would actually help you stay a lot more organized during your travel than anything else. Passport pouches can enable you to keep your passport and any other small essentials like currency notes, room keys etc. together at all times, away from your other bulky stuff which you would not be lugging away with you when out for sightseeing.

These pouches can be put in place around your waist and can help you keep your important documents and money safe from the occasional pick-pockets with discerning eyes.

## 10 The Best Motor Sports in London and How to get there by Taxi

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If you're a motor sport maniac who's currently in London, and have been wondering for a while about where to visit to indulge that motor-sport streak in you, here is a listing of some of the best places for enthusiasts like you:

### **Daytona**

Daytona's Sandown Park venue is amongst the best professional Kart-Racing location in London. It has 2 circuits. The Grand Prix circuit is 900 metres and offers long straights as well as challenging corners. Then there are the Indy (475 metres) and Club (425 metres) Circuits as well, which have some short straights and sharp turns. The Indy and Club Circuits are perfect if you would first like to learn the tricks of the trade. The Grand Prix track, though works well for beginners, is very well suited for the professional racers.

The karts here vary from 390 cc to 125 cc and can suit senior as well as junior racers.

They host a variety of open races and championships for senior as well as junior drivers. In fact, the Daytona Sandown Park InKart Championship is globally renowned and is known to have sent out some of the best motor racers (think Sam Bird).

They have full conference, food, drinks and bar facilities available along with a huge spectator area, and so can suit corporate events, as well as large mixed groups out to have some fun.

### **TeamSport Go-Karting Tracks**

TeamSport offers 5 800-metre go-karting tracks across London in Docklands, Tower Bridge, Edmonton, Acton and Mitcham. Except for the one in Docklands, all the other tracks are multi-level. All the 5 tracks are of an international standard and are 800 metres long. Each of these tracks has a combination of long straights and hairpin bends, making them a perfect motor-racing experience. The TeamSport karts are 270 cc and run on LPG.

With professional racers around on the tracks, the racing can get pretty intense and speeds can reach even 60 kmph! The average lap time is around 45 seconds though, and even kids as young as 8 years can participate.

They have bar, food and drinks available as well on the premises. The spectator areas can also accommodate a large number of people. This makes for a great family outing or a day out with a large group of friends.

### **Rye House Kart Raceway**

This venue is located in Hertfordshire. It is one of the oldest go-karting tracks in the United Kingdom. Many F1 champions like Lewis Hamilton have raced here while on their way to success. It offers a wide variety of learning courses junior enthusiasts who want to take up racing as a profession.

The track in itself is impressive with capacity for 25 drivers.

Since a lot of professional race here, speeds can reach up to 100 kmph easily.

A lot of group events are hosted here since the place boasts of a variety of food and drink options.

The place is great whether you want to drive your own kart or hire one of the 200 cc machines available here!

### **Capital Karts**

Located in Rippleside near Central London, Capital Karts offer the longest indoor track in United Kingdom. It is 1050 metres and speeds along its longest straight can reach even 70 kmph. It offers racing options for children as well.

The venue hosts a variety of racing championships, where you can easily compete even if you don't own a kart.

Corporate events and parties for large groups are a regular feature at this venue. It features options like a sports bar, lounge and a variety of food.

They also offer a video capturing and editing option for those who would want to retain their memories for a lifetime.

### **Surbiton Kart Raceway**

Located in Surrey, this venue offers a professional circuit which is 700 metres long and has an elevation of around 6 metres. Speeds on this track often reach 100 kmph. They also offer 2 other tracks for young racers – the Junior Cadet Track for learners aged 6-11 years, and the Bambino Track for children aged 4-6 years.

They offer 200 cc karts to the racers.

They offer a variety of food and drink options for kids as well as adults.

### **Playscape Pro Racing**

This place can offer you a F1-like experience, what with pit lanes for changing of drives, refuelling of karts and computers for checking-out race positions! This track is located in Streatham.

It is great when you want to play in a team and experience an adrenaline rush!

### **Revolution Karting**

Located at Mile end, this venue offers an outdoor 750 metre track, where speeds can go up to even 80 kmph! The place regularly witnesses corporate events, birthday, stag/hen parties and even family get-togethers. The place is perfect for beginners who want to learn go-karting and then explore more serious options. This is a good option if you want to initiate your kids into this adrenaline-fuelled game and throw-open options for them to have fun!

### **Teamworks Karting**

Their facility in Birmingham boasts of the fastest indoor karting facilities in the United Kingdom. The 4 track which are available here suit professionals and novices alike. In UK, they also have facilities in Halesowen, Letchworth and Northampton.

It offers a lot in terms of food options as well – there is a café on the premises, along with a licensed bar. It also has conferencing facilities and so is perfect for hosting corporate events.

### **Lakeside Hammers Speedway**

If motorbike racing is your thing, then you are sure to find the Lakeside Hammers right up to your taste. Based in Essex, this community is all about racing in teams in a shale track with bikes that can accelerate up to 90 kmph within 3 seconds! And these bikes have no breaks either! The Hammers

promise a great family night-out, with attractive and fun-filled racing activities for grown-ups and children alike.

They also offer to host other clubs, corporate groups, community groups or even a large group of friends who want to live-up their motorbike racing experience.

### **How to Get to These Places Without Hassles and Long Planning**

When in large and mixed groups, you may want to skip public transport. In such situations, taxis can be your saviours, for who wants to step out on London roads in their own cars! Especially when you may want to visit multiple places within the same day. Out with your family or best pals, you don't want to go around in circles, looking for places to park, while the others have all the fun.

And, in case you've been wondering, "Which one's a good taxi service near me?", then you just have to take out a moment and look at the "Empty-Trip" App.

Empty-Trip App is free to download. It offers the cheapest way to be chauffeured around the city. You can easily fill outbound and return journey details in this app, using which taxi drivers would be able to pass savings on to you. Because of this, your trips would tend to be 20-50% cheaper than other taxi services in the city. Using this app, your friends and families can also track your trips and stay assured of your safety.

## 11 Pizzas and Lots More at Fast 'N' Fresh

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### **Our Pizza Takeaway Menu**

We bake the best pizzas that you can find in and around Dunstable.

Our restaurant type pizzas, burgers, doner kebabs, starters and desserts are guaranteed to blow your taste buds. Our signature dishes are one of a kind and would keep you coming back for more.

All our amazing pizzas, burgers, doners, chicken and starters come in a variety of vegetarian and non-vegetarian options. We even give you the flexibility to customize your pizzas and doners as you may like. You may choose from a variety of pizza sizes, base options, sauces, toppings etc. and have your restaurant type pizza at your leisure within the comforts of your home.

We can help you with good food anytime and every time you want – be it when you want to indulge your own self, or when you want to thrill that huge group of friends that you've got, or even when you've got that finicky family of yours coming over for a meal without giving you a sufficient-enough heads-up. Our food can bring a smile on anyone's face.

We have an extensive menu that you can check-out any time you want. You can choose anything from exotic pizzas with fresh crisp bases and tender toppings, a variety of quick bites that would tickle any palette, juicy irresistible charcoal-grilled burgers, tasty doner kebabs and wraps and chicken nuggets. And for those little adults around, we have special kids meal options as well. And as for those days. When you want to eat a huge meal, we offer some great meal deals as well! We also house a variety of sauces and dips to add that extra punch and taste to your meals.

And we would certainly not disappoint you when it comes to indulging that little sweet tooth that you've got. You can finish off your tasty meal with your choice of a dessert – our pies, cakes and cookies are a perfect ending to a perfect evening.

### **Fast 'N' Fresh**

We specialize in delivering fresh food, fast, and hence our name, Fast 'N' Fresh.

We can guarantee that once you have a taste of any of our speciality dishes, you would never want to settle for anything less in your life. Our high-quality food is prepared from fresh ingredients by our very talented chefs. We offer a food experience like no other with our delicious gourmet offerings that would simply melt in your mouth.

You can get all this and more without having to wait for a table at a fancy crowded restaurant to satiate your cravings for food this good!

### **Find Us in Dunstable**

We are the best place to eat ever and are located very conveniently in your area. We can be found right along the main road in one of the busiest part of the city. You can find us at 109 High Street North, Dunstable, LU6 1JL.

We offer fast delivery to many locations. You can check with us if we deliver near you or you can opt for the takeaway option as well.

You can log on to our website to quickly select and customize your food and order online. You can even download our app from your App store/Google Play on your phone and order anytime anywhere.

To taste the best pizzas around, order today!

## 12 The Magic of Pizza Stones

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Don't you just love to go to that Italian bistro that serves those fresh just-out-of-the-wood-oven hot pizzas with those crispy crunchy bases! If you do, well, you are not alone!

And have you tried baking similar pizzas at home, because, well, no matter how much we love eating out, there are always occasions where you want to cook-up something "restaurant-like" to impress a certain someone. All of us have tried achieving such results at home with our pizzas at some or the other. Most of us are able to come up with pizzas that, at best, "look" like the ones in restaurants, but don't compare to them, because their bases aren't as crisp as we would like them to be and they don't have that "even cooking".

It's time you stopped settling for a mere look-alike and go for the actual thing. And pizza stones make it very much possible.

A pizza stone is a type of baking stone, which may be made using firebrick, ceramic, clay, stone (like marble, tile etc.), salt or even metal. It comes in a variety of shapes and its thickness can vary from half to one inch. It needs to be pre-heated for around 30 minutes. Then, pizza can be put directly on to it and baked in the oven. It is porous because of which it can absorb moisture. It also provides an all-over heat to the pizza from the sides. This makes the pizza base crispier and the cook is more uniform, giving the pizza the feel of having come out of a wood oven. And they work even for store bought ready to eat pizzas! Now, wouldn't you just love your stone, if you had one!

There are just a few things that you should keep in mind before you go out and bring home your stone.

First, you may decide to go for a stone made of firebrick material, so that its heat is retained similarly as in the case of wood ovens, spreads evenly across the surface, and the stone doesn't crack due to changes in temperature. If you're looking to something other than pizzas on your stone, then you may even go for one in ceramic as these ones can handle longer spells of baking and have a higher range of temperature. Stone are also available in cast iron and steel.

Second, you may select the shape of your stone as per the shape of the pizza that you prefer.

Third, it would be better to select a thicker stone rather than a thinner one. This would allow for greater heat absorption, and subsequent distribution.

Fourth, a stone with handles would be easier to carry and use than one without them.

Fifth, don't forget the pizza "peel" to accompany your pizza stone, so that you can safely place your pizza on the stone for baking and remove it once it's done. A pizza peel in wood would be a good accompaniment to your pizza stone.

And last but not the least, don't forget to choose a pizza stone that that would fit your oven. No matter all other details, if you can't fit it in, you can't do much with it!

Hope you fall in love with your stone soon!

## 13 25 Best Low Carb Vegetable Recipes

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Have you been trying ‘healthy’ eating of late and been constantly on the look-out for something that is super easy, since, duh, who likes to spend all their time working in the kitchen!

One of the troubles that you may be having with your recipe hunt is rounding-up of the correct type of ‘healthy’ recipe. While there are some who would go looking for ‘low-calorie’ recipes, one of the most scientific approaches to eating healthy is to adopt a ‘low carb’ diet. It is now a known fact that if you want to lose those extra pounds, build muscles or generally stay healthy, you should incorporate more of proteins and healthy fats in your diet and cut-down on the carbs.

When you eat less carbs, your body tends to use up the stored fats in the body for generating energy to keep you going. This helps you in reducing weight and toning those muscles that lie underneath the layers of fat! The process is also known as ketosis.

However, it is a common myth that low carb options are available in plenty only for non-vegetarians. So, vegetarians often find themselves not being able to commit to this healthy lifestyle. What adds to their fears is that low carb vegetables are difficult to source.

We’re now going to bust all these myths and present some very tasty and filling low carb veggie recipes that would require simple ingredients and can be prepared in a jiffy!

So, get set to hop on to the ‘healthy’ bandwagon with these superb low carb vegetable recipes!

### **Garlic Parmesan Roasted Broccoli**

Now who doesn’t like the flavoursome broccoli! However, sometimes you don’t really want to steam it. So, this time, when you want to enjoy some of this super healthy and low carb vegetable, you can go for this roasted version. You can eat it as an appetizer with your meal and amp up its ‘healthy’ quotient or enjoy it as a full meal if you can’t seem to have enough of this divine dish!

Ingredients: broccoli, garlic, coconut oil, parmesan cheese, lemon juice and rind, salt and pepper.

Total Carbs per serving: 16 g

Detailed recipe at – [divaliciousrecipes.com](http://divaliciousrecipes.com)

### **Fried Green Beans**

Green beans don’t really strike a cord with most foodies out there. But you don’t have to eat it the old boring way. There are ways to prepare it in the most awesome of all ways and so this recipe features in our list of low carb veggie recipes! It is simple and you would not even realize that it was the dreaded beans that you were having. Even the kids would get hooked on to these greens!

Ingredients: green beans, coconut oil, garlic and seasoning salt.

Net Carbs per serving: 6 g

Detailed recipe at – [mamashire.com](http://mamashire.com)

### **Low Carb Broccoli Fritters**

Another broccoli masterpiece, this one! This super stylish but oh-so-easy low carb vegetable recipe is something that the guests would simply love. Be sure to prepare a decently-sized batch of these



delicious patties for you would never be fine with just a few, especially when you can stay healthy while having such divine food. So, enjoy them guilt-free!

Ingredients: broccoli, cheddar cheese, eggs, oat fibre or almond flour, Cajun seasoning and oil.

Total Carbs per serving: 5.8 g

Detailed recipe at – [lowcarbmaven.com](http://lowcarbmaven.com)

### **Bacon Ranch Cabbage**

This recipe takes the very simple cabbage and transforms it into something exotic. Not only is cabbage pretty much a low carb vegetable, the dish in itself does not require much time – half an hour is all it would take. So, you can now stop worrying about how to incorporate the very fibre-rich cabbage in your everyday diet and go for this recipe.

Ingredients: cabbage, coconut oil, ranch dressing, bacon, salt and pepper.

Total Carbs per serving: 0 g

Detailed recipe at – [mymontanakitchen.com](http://mymontanakitchen.com)

### **Low Carb Eggplant Chips with Avocado Dip**

You should try this recipe at your own risk – it's so addictive you'd want it every day! The chips are pretty easy to prepare – you can bake them or shallow fry as per your preference. Eat them with the skin – it's unimaginably crispy! The avocado dip is also easy and delicious. And, both of them go really well together.

Ingredients: eggplants, avocado, lime juice, olive oil, ground paprika, cayenne pepper, onion powder, cumin, garlic powder, thyme, basil, oregano, salt and pepper.

Total Carbs per chip: 3 g

Detailed recipe at – [divaliciousrecipes.com](http://divaliciousrecipes.com)

### **Low Carb Zucchini Fries**

You could not have imagined cooking crispy zucchini fries without breadcrumbs! This low carb veggie recipe makes that very much possible, and the result is some really awesome food! This is zucchini at its best. And there's practically no need for additional salt, so this is pretty low on sodium as well.

You can have this in place of the regular potato fries as sides and enjoy a truly low carb meal.

Ingredients: zucchini, eggs, heavy cream, pork rinds and parmesan.

Total Carbs per serving: 3 g

Detailed recipe at – [lowcarbyum.com](http://lowcarbyum.com)

### **Low Carb Green Beans Almondine with Bacon**

This is uncomplicated French cooking at its (healthiest) best. This low carb vegetable recipe transforms the very simple green beans into a restaurant-quality gourmet dish. Comprising of a lot of healthy ingredients, it can be rustled-up pretty quickly, and would make green beans the shining star of your kitchen overnight! The bacon would also add a good amount of enjoyable crispiness to this dish.

Ingredients: bacon, butter, garlic, almonds, lemon juice, green beans, sea salt and black pepper.

Total Carbs per serving: 8 g

Detailed recipe at – [wholesomeyum.com](http://wholesomeyum.com)

### **Low Carb Spicy Peanut Cauliflower Bites**

You would not have had cauliflower in a more interesting way! The sweet and spicy flavour of this dish is so good, you won't believe for a second that it's cauliflower that you're having. The peanut butter elevates the good old low carb vegetable to the heights of culinary excellence. With such simple ingredients and cook time (30 minutes), you would surely be eating more of cauliflower!

Ingredients: cauliflower, peanut butter, coconut oil, tamari sauce, lime juice, garlic powder, paprika and cayenne pepper.

Total Carbs per serving: 16 g

Detailed recipe at – [divaliciousrecipes.com](http://divaliciousrecipes.com)

### **Low Carb Pan Fried Brussels Sprouts with Bacon Cranberries and Walnuts**

You would fall in love with brussels sprouts once you have had a taste of this low carb veggie recipe! The bacon's crispiness, walnut's crunchiness and the cranberry's no-sugar sweetness would add many layers of complexities to this very easy dish. All the ingredients here go really well together and elevate brussels sprouts from a simple 'green' to something that food dreams are made of!

Ingredients: bacon, brussels sprouts, dried cranberries, water and walnuts.

Total Carbs per serving: 5 g

Detailed recipe at – [lowcarbyum.com](http://lowcarbyum.com)

### **Low Carb Pan Roasted Brussels Sprouts In Garlic Butter**

In case you've fallen in love with brussels sprouts courtesy our recipe with bacon, cranberries and walnuts, here's another one to keep you hooked on to this low carb vegetable and keep on wanting more of it! This one works with minimal ingredients. It is amongst the simplest of all recipes and yet it takes deliciousness very seriously! You would definitely love the crispiness of the brussels sprouts!

Ingredients: brussels sprouts, olive oil, butter, garlic, parmesan cheese, salt and black pepper.

Detailed recipe at – [manilaspooon.com](http://manilaspooon.com)

### **Low Carb Cheesy Brussels Sprouts Gratin**

If you liked roasted brussels sprouts and are wondering if there's more scope for improvisation, then here's one that allows you to add a bit of balsamic vinegar to the mix and some extra cheese (like, which au gratin worth its salt doesn't have that extra cheese), to get some even more awesome results! Courtesy this low carb veggie recipe, you would actually want to eat so much more of brussels sprouts!

Ingredients: brussels sprouts, olive oil, butter, garlic, balsamic vinegar, parmesan cheese, salt and black pepper.

Detailed recipe at – [bestrecipebox.com](http://bestrecipebox.com)

### **Low Carb Cheesy Asparagus**

Once you've had a bite of this amazing low carb veggie recipe, asparagus will never be synonymous with 'diet food' for you. The 2 types of cheese in this recipe add so much depth of flavour and deliciousness that good old asparagus will never be the same again for you! And baking would make asparagus so very crispy, you would need to eat it to believe it!

Ingredients: asparagus, olive oil, Italian seasoning, sea salt, black pepper, mozzarella cheese and parmesan cheese.

Total Carbs per serving: 5 g

Detailed recipe at – [wholesomeyum.com](http://wholesomeyum.com)

### **Low Carb Sautéed Garlic Spinach**

In case you've been struggling to introduce more of green leafy vegetables in your (or your kids') diet, here's one sure shot way to achieve your goals. This recipe takes the best of all low carb vegetables – spinach – and transforms it into a perfect yummy side with your appetizers. It can be prepared on short notice (15 minutes) and you won't even have to hunt far and wide for any exotic ingredients.

Ingredients: spinach, olive oil, garlic, salt and pepper.

Detailed recipe at – [cooksrecipcollection.com](http://cooksrecipcollection.com)

### **Low Carb Cauli Mac and Cheese**

If you've been suffering from nostalgia over that mac and cheese that your kids have had in the morning, here's one way that you can indulge yourself, while staying true to your low carb lifestyle. The crispy cauliflowers in the thick cheese sauce would definitely take you back years when you were young. And when you come back to the present, you wouldn't have to take any guilt trips either!

Ingredients: cauliflower, butter, sea salt, black pepper, cheddar cheese, heavy cream and almond milk.

Total Carbs per serving: 12 g

Detailed recipe at – [wholesomeyum.com](http://wholesomeyum.com)

### **Low Carb Broccoli Tots with Coconut Flour**

This low carb veggie recipe is something straight out of the kitchen of some fancy restaurant. Yet, it would take you somewhere between 30-40 minutes only and the tots would be so tasty and so crispy, that you wouldn't have to convince anyone to have them (even your kids)! This can be had as a full meal itself, or as a very interesting accompaniment to your meal.

Ingredients: broccoli, brown onion, eggs, coconut flour, grated cheese, salt and pepper.

Total Carbs per serving: 15 g

Detailed recipe at – [sweetashoney.com](http://sweetashoney.com)

### **Low Carb Parmesan Zucchini Chips**

They're the quickest zucchini chips ever, and very tasty too! They would really encourage you to stick to your low carb healthy lifestyle – after all, who wants to go back to carb-heavy food, when low carb options come this good! The can be made at very short notice (under 30 minutes) with minimum ingredients, so even if you're having some friends come over, you won't have to fret about sourcing ingredients first!

Ingredients: zucchini, parmesan cheese, spaghetti sauce, salt and pepper.

Detailed recipe at – [isavea2z.com](http://isavea2z.com)

### **Low Carb Cauliflower Zucchini Fritters**

This low carb veggie recipe combines two very good 'greens' and delivers a mouth-watering dish that would finish faster than it got cooked – and that would be really something, for it takes no longer 30 minutes! This dish can even be prepared in an egg-free variant with minor modifications – so this is all good news for all the vegans out there! This can be enjoyed as a meal or an interesting side – the choice is up to you.

Ingredients: cauliflower, zucchini, coconut flower, eggs, coconut oil, salt and pepper.

Detailed recipe at – [thebigmansworld.com](http://thebigmansworld.com)

### **Low Carb Roasted Parmesan Prosciutto Wrapped Asparagus**

This recipe take asparagus to a whole new level by incorporating some crispy prosciutto and parmesan cheese. You would not be able to stop eating this for sure – and there would be no need for you to worry for this is a low carb veggie recipe and it's so good that the other carb lovers in your group would want to junk carbs simply to be able to lay their hands on this!

Ingredients: asparagus, prosciutto, parmesan cheese, olive oil and lemon juice.

Detailed recipe at – [meatloafandmelodrama.com](http://meatloafandmelodrama.com)

### **Low Carb Whole Roasted Cauliflower with Butter**

This is cauliflower in a completely new avatar. The buttery sauce that would be used to soak this low carb vegetable is so good, you'd want to simply keep on licking it and forget about all rest. The crispiness of the cauliflower and the fragrance of fresh herbs would definitely stay with you for days – or may be not, for you would definitely be cooking this pretty often!

Ingredients: cauliflower, thyme, bay leaves, vegetable or chicken stock, butter and pepper.

Detailed recipe at – [eatwell101.com](http://eatwell101.com)

### **Low Carb Zucchini Carpaccio**

The freshness of this low carb salad would simply blow your mind! The combination of beautiful herbs in the marinated zucchini surrounded by creamy goat cheese would definitely make you want to go back to this amazing low carb veggie recipe again and again. It is super easy to make and would go very well with any of your mains!

Ingredients: zucchini, dill, chives, basil, mint, parsley, goat cheese, lemon juice, virgin olive oil, salt and pepper.

Detailed recipe at – [kalynskitchen.com](http://kalynskitchen.com)

### **Low Carb Spicy Grilled Eggplant**

If you've got a thing for eggplant chips, but would like to try something more exotic, you can go for this low carb veggie recipe that incorporates that extra spice and zing that would make your average eggplant transform into a spicy treat. The grilling of the eggplant makes it really crispy on the outside and tender inside, while the spices and herbs elevate the flavour profile of this low carb vegetable.

Ingredients: eggplants, parsley, mint, red wine vinegar, lemon juice, garlic puree, Aleppo pepper, spike seasoning, olive oil and salt.

Detailed recipe at – [kalynskitchen.com](http://kalynskitchen.com)

### **Low Carb Roasted Vegetable Masala**

If you've been craving for something Indian for a while but are scared because you wouldn't want something carb-heavy, then here's an Indian masala option that would definitely satiate you. This low carb veggie recipe can be cooked two ways – you can bake it in the oven, or you can prepare it in a pan in authentic Indian style!

Ingredients: cauliflower, green beans, mushrooms, tomato puree, olive oil, ginger, garlic, chili powder, garam masala, turmeric, green onion, cilantro, salt and pepper.

Total Carbs per serving: 10 g

Detailed recipe at – [lowcarbmaven.com](http://lowcarbmaven.com)

### **Low Carb Baked Buffalo Cauliflower Bite Wings**

This super quick recipe would transform your everyday cauliflower into something from a completely different realm! The almond flour and egg coating would give it a crispiness that you would enjoy immensely. The dish would be perfect for those days when you don't feel like preparing something fancy but want to eat something amazing (and healthy).

Ingredients: cauliflower, egg, garlic powder, almonds, buffalo sauce, butter, blue cheese, green onions and sea salt.

Total Carbs per serving: 8 g

Detailed recipe at – [wholesomeyum.com](http://wholesomeyum.com)

### **Low Carb Cauliflower Mashed Potato**

Being on a low carb diet really implies that you are off-potatoes! And while we all like to stick to our healthy habits, we do have the tendency to slip-up once in a while. With this mashed cauliflower recipe, you would have one less reason to skip on healthy eating. The cauliflower for this dish can be cooked in a pan or in microwave.

Ingredients: cauliflower, garlic, butter, coconut milk, sea salt, black pepper and chives.

Total Carbs per serving: 12 g

Detailed recipe at – [wholesomeyum.com](http://wholesomeyum.com)

### **Low Carb Crispy Artichoke Hearts**

Artichoke hearts are not really on top of our shopping lists but are amongst some of the low carb vegetables around. The dish in itself is pretty simple, and most of the work would be done by the

oven, while you get to relax and wait for it to be ready so that you can take a bite of this deliciously crisp food!

Ingredients: artichoke hearts, olive oil, seasoned salt, black pepper, lemon juice and horseradish sauce.

Detailed recipe at – [healthstartsinthekitchen.com](http://healthstartsinthekitchen.com)

## 14 Let the (Interracial) Cupid Strike You!

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Have you been looking at the happy couple and family pics of the likes of Amal and George Clooney, Jessica Alba and Cash Warren, Kim and Kanye West, and thinking of your own “single” status?

As interracial dating becomes more common by the day, people are increasingly wanting to have a go at finding love and companionship with someone outside their “culture”. But some of them do not want others to stare while they go and strike-up a conversation with a beautiful but “different” person sitting across in the bar. Interracial dating online is a good option for such people.

Among the many options available online, Interracialcupid.com is one of the best niche dating sites for people looking forward to dating singles of other ethnic backgrounds and cultures.

It hosts profiles of thousands of singles belonging to different ethnicities, cultures, religions, speaking different languages, but all having one thing in common – the desire to bond with someone “other”.

You can setup a profile with this site with a few clicks – in fact, you can save time and sign-up using your FB account. This would allow you to use your FB pics in your profile. And it’s all free! You can update your profile subsequently to add more details, and voila! You are ready to meet and greet hundreds of people who would be online at any given time!

Once you have created your profile, you can search potential “matches” using various filters like gender, age, location, availability of profile pics, ethnicity, appearance, lifestyle, nationality, education, political views etc. and even save your “match criteria”.

The site allows you to connect with and send messages to people whom you like and would want to connect to. There’s an entire message folder, where you can create multiple sub-folders to save your messages. You can even decide whom you want to receive messages from by specifying certain filter conditions. It basically gives you a control over whom you want to connect with!

You can also mark your favourites and also get to see who all have marked YOU as their favourite!

Moreover, for those who would want access to some additional features like live chats, anonymous browsing, profile ranking, advanced searches etc, the site offers gold and platinum membership options. They come for as less as 11.66 AUD/month and 13.33 AUD/month! Definitely cheap when it comes to investing in your life (partner)!

So with interracialcupid.com, you are basically taking control of your love life and your dream of finding the perfect interracial life partner!