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Mommy Minute: Add romance to your Valentine's Day with an aphrodisiac-filled dinner

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Need some ideas for a Valentine's Day filled with romance without spending lots of cash. Heat things up by kick-starting your sex drive with some time-proven libido-boosting foods suggested by nutrition expert Gloria Tsang, founder of HealthCastle.com.

"Some foods boost testosterone production, which increases sex drive," Gloria says. "Others work in more subtle ways, by decreasing stress, stimulating sex hormone production, and increasing blood flow."

Here's a look at some things to consider including on your Valentine's Day dinner menu:

Shellfish: "Oysters are the best-known aphrodisiac in this category, but clams and mussels are also high in zinc - which boosts testosterone and sperm production - and two rare amino acids that can trigger a surge in sex hormone production," Gloria says. Learn how to cook shellfish HERE.

Dark Chocolate: "That heart-shaped box of chocolates will trigger the release of feel-good chemicals endorphin, serotonin, dopamine, and phenylethylamine - which reduce stress - along with theobromine and anadamide, which bring on feelings of euphoria. Stick to dark chocolate for maximum effect," Gloria suggests.

Oatmeal: "Surprised? Oatmeal is a good source of L-arginine, an amino acid that can facilitate the production of nitric oxide, which is released by the genitals during sexual arousal. Seeds, nuts, beans, and granola also fit the bill," Gloria says. Make some awesome Oatmeal Craisin Walnut Cookies to satisfy this idea and your tastebuds! I LOVE these cookies! They're more special than ones made with raisins.

Use food to create the right mood this Valentine's Day. If nothing else it's great conversation.

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Almonds: "Vitamin E has been shown to stimulate sex hormone production, and studies have shown that it may help protect sperm from oxidative damage. Almonds contain the highest level of Vitamin E among all nuts and seeds," Gloria adds. Make THESE cinnamon-roasted almonds on the cheap but oh so good at home.

Spices like Cinnamon and Turmeric: "Virtually any food that's good for the heart can help boost sex drive. Spices top the heart-healthy antioxidant chart and help increase blood flow, too," Gloria suggests. "The easiest place to use cinnamon is in dessert, just a sprinkle on any dessert before baking not only give your heart a boost, but also your room a romantic scent." Even more greatness about cinnamon: "Researchers from Pakistan found taking as low as 1 g of cinnamon for 40 days improved fasting blood glucose, triglycerides, LDL cholesterol and total cholesterol," Gloria says.

What about Avocados? They used to be thought of a sensual food but that may just have been because of the root of their name... as the "avocado tree was called the "testicle tree" by the Aztecs," Gloria says. WhatsCookingAmerica.net says "In the past, the avocado had a well-entrenched reputation for inducing sexual prowess and wasn't purchased or consumed by any person wishing to protect their image from slanderous assault." But there's no research out there about it actually working as an aphrodisiac. I say make guacamole anyway!

If nothing else, these foods can create the right mood and conversation at dinner.

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