



VALENTINE TREATS



With Valentines day quickly approaching, I thought I would whip up some holiday cheer in the kitchen (no, not that kind of cheer;o). I took some tried and true family favorite treats and gave them a Valentine face lift. All of these treats are very versatile and can be changed up for whatever occasion or just keep them really simple for an everyday treat.



Pure Chocolates

These little beauties are easy to make and have no wax, soy, or milk in them, making them a treat everyone can enjoy.

- 1 cup chopped [cocoa butter](#)
- 1 cup [cocoa powder](#)
- 1/4 - 1/3 cup honey (You can use maple syrup or agave if you like)
- pinch of salt
- 1 teaspoon vanilla extract or 1 whole vanilla bean
- Pomegranate seeds

In a double boiler, melt the cocoa butter with the honey and salt. Immediately after the cocoa butter has melted, add the cocoa powder and stir till there are no lumps. Remove the chocolate from the heat and add in the vanilla. Stir till everything is smooth.

Fill your candy molds with chocolate and then top them with pomegranates.

Place the candy mold in the freezer for 15 minutes.

These little chocolates store best in the fridge.





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Coconut Milk Tapioca Pudding

This one is always a winner and can be made in so many different ways. Instead of using the dreaded red food coloring, I use a bit of beet juice to give it that lovely pink color. I especially like how it dyed the tapioca pearl a deep pink color. My boys (including Ben) were overjoyed to receive this special snack and I know that your loved ones will be to. 1/3 cup small pearl tapioca

pudding

- 1/3 cup [small pearl tapioca](#)
- 2 1/2 cups classic (aka full fat) [coconut milk](#)
- 1 egg yolk
- 1/3 cup honey (You can use maple syrup or agave if you like)
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract
- 1 tablespoon beet juice

Chocolate Hearts

- 6 oz. High quality dark chocolate
- parchment paper

In a medium saucepan, soak the tapioca pearls in the coconut milk for 30 minutes. Using a whisk, stir in the egg yolk, honey, and salt. Cook all the ingredients over medium heat until it comes to a simmer. Turn down the heat to low and let it simmer for 15 minutes stirring often so the tapioca doesn't stick to the bottom of the pan. Remove tapioca from heat and stir in the vanilla and the beet juice. Allow the tapioca to cool on the counter top and then place in the fridge for at least 3 hours before serving. To make the chocolate hearts, melt down the chocolate in a double boiler. Let the chocolate cool a bit until it slightly thickens. Pour chocolate into a plastic sandwich bag and snip a tiny hole on one of the corners. Pipe the chocolate into heart shapes on the parchment paper and allow it to dry. The hearts will peel right off the parchment paper.



Macarons

These are a lunch box regular and something I always have around. To make them a extra special for Valentines I thought I could change up the shape. Another fun addition to these would be to write little messages on these macarons with some icing.

- 3 1/5 cups finely shredded unsweetened coconut flakes
- 1/2 cup honey
- pinch of salt
- 1 egg white
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 12 oz. semi high quality sweet chocolate

In a large mixing bowl combine the coconut flakes and salt. In a sauce pan, warm the honey on low until it moves like water. Be careful not to boil the honey. Remove the honey from the heat and add in both the vanilla and the almond extract. Pour the honey mixture onto the shredded coconut and stir until combined. In a small bowl whisk the egg white into soft peaks. Fold the egg whites into the shredded coconut mixture. To form your macarons into heart shapes you will need a silicone heart shape mold. I got mine at Target but you can find it [here](#). Firmly pack the molds. Then quickly flip them over on to the pan that you will be cooking them on and gently pop them out of the mold.

To dip the macarons you will need to melt the chocolate in a double boiler. Then carefully, not to burn your fingers, dip the top portion to the hearts in the chocolate. Let them drip a bit to remove any extra chocolate. Then allow the chocolate to harden at room temperature.

