

A dense pattern of pink hearts of various sizes and shades (light pink, medium pink, and dark pink) filling the top third of the page.

♥ GUILT-FREE ♥

# Valentine's Day

♥ TREATS ♥

*Enjoy a delicious mocktail, warm beverage, and sweet treat  
with fresh ingredients that you don't have to feel guilty about.*

A dense pattern of pink hearts of various sizes and shades (light pink, medium pink, and dark pink) filling the bottom third of the page.



## Sugar Free

- To make the Raspberry Ginger Fizz mocktail sugar free, you can eliminate the sweetener altogether or use stevia drops
- To make the Chocolate Strawberry Steamer sugar free, use monk fruit for the strawberry syrup. Start with 1/4 of the sugar amount and increase according to taste. For a cane sugar substitute, you can also try 1:1 coconut sugar. For the hot chocolate portion, you can try stevia drops instead of the maple syrup.
- I don't recommend substituting sugar for the sweet potato brownies. You can try a 1:1 honey for the maple syrup but it will affect the flavor. If you choose to add chocolate chips, you can try Lily's brand chocolate chips for a sugar-free option.

## Dairy Free

- Use any plant-based milk as a 1:1 substitute for any milk in this recipe.
- You can purchase a DF whipped topping from the store, or make your own using COLD canned coconut cream, and beating with 1 tsp vanilla, and maple syrup (to desired sweetness). Beat for 5-10 minutes or until peaks stand up when beaters are lifted out of the mixture.

# GUILT-FREE VALENTINE'S TREAT

## RASPBERRY GINGER FIZZ MOCKTAIL

SERVES 4



1.5 C raspberries  
4oz fresh lime juice (about 2 limes)  
12oz ginger beer  
Sweetener of choice

1. Pureé raspberries in blender
2. Squeeze limes to get fresh juice
3. Divide raspberry pureé amongst 4 glasses and stir with 1oz lime juice per glass
4. Add ice
5. Top with 3oz of ginger beer each
6. Enjoy!

## CHOCOLATE STRAWBERRY STEAMER

SERVES 4



### Strawberry Simple Syrup Ingredients:

1 cup of water  
1 cup of granulated white sugar  
1 cup of sliced strawberries

### Chocolate Steamer Ingredients:

3Tbsp Raw cocoa  
32oz DF milk  
2Tbsp maple syrup  
1 Tbsp vanilla extract  
DF whipped topping (\*opt)

1. Add water, sugar into a small pot and turn on high heat until it boils. Add the sliced strawberries. Mash with a fork to help release the juices. Boil for 2-5 minutes and then remove from the heat. Place a lid on top and let steep for 10 minutes. Strain the mixture through a sieve and into a mason jar.
2. Add 32oz DF milk into a medium pot and turn on medium high heat. Whisk in 3-5 Tbsp of raw cocoa powder. Add 1 Tbsp vanilla and 2 Tbsp of maple syrup or to taste. Remember, the strawberry syrup will add some sweetness as well.
3. Place 2-3 Tbsp of strawberry syrup into each mug. Divide hot cocoa evenly into each mug. Top with DF whipped topping and sliced strawberries if you'd like



# GUILT-FREE VALENTINE'S TREAT

## SWEET POTATO BROWNIE SERVES 9



1 large sweet potato  
1/2 cup almond flour  
1/2 cup cocoa powder  
1/2 cup maple syrup  
1/4 cup apple sauce  
1 tsp vanilla extract  
1 tsp baking powder  
1/4 tsp salt  
Optional: vegan chocolate chips

### Instructions:

Preheat oven to 350°F (180°C) and line a 8x8 square baking dish with parchment paper.

Peel and chop the sweet potato into small pieces, then steam or boil until soft.

Mash the sweet potato in a bowl until smooth. Add the almond flour, cocoa powder, maple syrup, applesauce, vanilla extract, baking powder, and salt to the bowl with the sweet potato. Mix well until smooth.

Fold in the chocolate chips if using. Pour the mixture into the prepared baking dish and smooth out the top with a spatula. Bake for 25-30 minutes, or until a toothpick inserted into the center comes out clean.

Allow the brownies to cool for at least 10 minutes before cutting and serving. Use heart shaped cookie cutters for a extra special v-day presentation. You can use the mashed strawberries you strained out from the syrup in the hot cocoa recipe for a little red flair.

Try not to eat them all!