



## Valentine's Day Treats

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## Raspberry Yogurt Hearts

12 servings

45 minutes

### Ingredients

1 cup Plain Greek Yogurt  
3/4 cup Frozen Raspberries

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 20    |
| Fat                | 0g    |
| Carbs              | 2g    |
| Fiber              | 0g    |
| Sugar              | 1g    |
| Protein            | 2g    |
| Cholesterol        | 3mg   |
| Sodium             | 12mg  |
| Vitamin A          | 111IU |
| Vitamin C          | 3mg   |
| Calcium            | 44mg  |
| Iron               | 0mg   |

### Directions

- 1 Use a fork to mash the yogurt and raspberries together. Add the mixture to each mini heart silicone tray(s) mold and freeze for at least 45 minutes.
- 2 Leave the bites out for about five minutes to soften slightly before eating. Enjoy!

### Notes

**Leftovers:** Freeze in an airtight container for up to one month.

**Serving Size:** One serving is four mini hearts. A mini heart silicone tray with eight molds was used to create four servings.

**Make it Vegan:** Use dairy-free yogurt.

**More Flavor:** Add honey or maple syrup, and/or mini chocolate chips.

**Additional Toppings:** Shredded coconut.



## Raspberry Swirl Chocolate Fudge

12 servings

2 hours 15 minutes

### Ingredients

- 1 cup Raspberries
- 1 1/2 cups Dark Chocolate Chips
- 3/4 cup All Natural Peanut Butter

### Nutrition

| Amount per serving |      |
|--------------------|------|
| Calories           | 282  |
| Fat                | 18g  |
| Carbs              | 21g  |
| Fiber              | 1g   |
| Sugar              | 16g  |
| Protein            | 6g   |
| Cholesterol        | 0mg  |
| Sodium             | 3mg  |
| Vitamin A          | 3IU  |
| Vitamin C          | 3mg  |
| Calcium            | 10mg |
| Iron               | 1mg  |

### Directions

- 1 Line a loaf pan with parchment paper.
- 2 In a saucepan over medium heat, add the raspberries. Use a fork and smash the raspberries. Stir and bring to simmer. Simmer for about five minutes then remove from the heat and set aside.
- 3 Place a saucepan over medium heat and add water. Bring to a simmer. Turn the heat to low and place a heat-proof bowl on top. Make sure that the bowl doesn't touch the water.
- 4 Add the chocolate to the bowl. Stir frequently until the chocolate has melted. Add the peanut butter and stir until smooth.
- 5 Pour the chocolate mixture into the loaf pan. Spoon the mashed raspberries on top. Using a toothpick, gently swirl the raspberries into the chocolate mixture.
- 6 Refrigerate for at least two hours. Cut into squares and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to two months.

**Serving Size:** An 8 x 6-inch loaf pan was used to make eight servings. One serving is one square.

**No Peanut Butter:** Use any other nut or seed butter that you have.



## Peanut Butter Hearts

12 servings

30 minutes

### Ingredients

- 1 cup Dark Chocolate Chips
- 2 tps Coconut Oil
- 1/4 cup All Natural Peanut Butter (creamy)
- 1/4 tsp Sea Salt (flaky)

### Nutrition

| Amount per serving |      |
|--------------------|------|
| Calories           | 159  |
| Fat                | 10g  |
| Carbs              | 12g  |
| Fiber              | 0g   |
| Sugar              | 10g  |
| Protein            | 3g   |
| Cholesterol        | 0mg  |
| Sodium             | 50mg |
| Vitamin A          | 0IU  |
| Vitamin C          | 0mg  |
| Calcium            | 3mg  |
| Iron               | 1mg  |

### Directions

- 1 Place a saucepan over medium heat and add water. Bring to a simmer. Turn the heat to low and place a heat-proof bowl on top. Make sure that the bowl doesn't touch the water.
- 2 Add the chocolate and coconut oil to the bowl. Continuously stir until the chocolate has melted.
- 3 Pour a thin layer of melted chocolate into each mini heart silicone tray(s) mold. Gently shake the tray to even out the chocolate, if needed. Freeze for five minutes.
- 4 Remove from the freezer and divide the peanut butter into each heart. Shake again to even out the peanut butter. Add the remaining chocolate to each heart and shake one more time to even out. Sprinkle each with flaky salt.
- 5 Freeze for 15 minutes. Pop out of the molds and add more salt if desired. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one week.

**Serving Size:** One serving is two mini hearts.

**No Peanut Butter:** Use other nut butter of choice.

**Dairy-Free:** Use dairy-free chocolate chips.



## No Bake Strawberry Cheesecake Bites

12 servings

8 hours

### Ingredients

3/4 cup Oats (rolled)  
 1 1/2 cups Cashews (raw, soaked for at least one hour, rinsed, divided)  
 3 tbsps Coconut Oil (melted)  
 3/4 tsp Vanilla Extract  
 1/8 tsp Sea Salt  
 3/4 cup Coconut Cream  
 1/3 cup Coconut Water (from the coconut cream can)  
 2 1/4 cups Frozen Strawberries  
 3 tbsps Lemon Juice

### Nutrition

| Amount per serving |      |
|--------------------|------|
| Calories           | 198  |
| Fat                | 15g  |
| Carbs              | 14g  |
| Fiber              | 2g   |
| Sugar              | 4g   |
| Protein            | 4g   |
| Cholesterol        | 0mg  |
| Sodium             | 48mg |
| Vitamin A          | 19IU |
| Vitamin C          | 19mg |
| Calcium            | 18mg |
| Iron               | 2mg  |

### Directions

- 1 Line a muffin tray with muffin liners or use a silicone muffin tray.
- 2 In a food processor or high-powered blender, add the oats and half of the cashews. Blend until a flour-like consistency is reached. Add the melted coconut oil, vanilla extract, and salt. Blend again until it's smooth, and you can pinch the dough without it crumbling.
- 3 Take approximately two heaping tablespoons of the mix and place into each muffin cup. Press down to make a crust.
- 4 In a blender, add the coconut cream, coconut water, strawberries, lemon juice, and the remaining cashews. Blend until smooth. Add more coconut water if needed. Divide the filling into each muffin cup.
- 5 Freeze for at least three hours or overnight for best results. When ready to eat, remove from the freezer and thaw for five to ten minutes. Enjoy!

### Notes

**Leftovers:** Freeze in an airtight container for up to one month.

**Serving Size:** One serving is one cheesecake bite.



## Heart Kabobs & Dip

6 servings

25 minutes

### Ingredients

- 1/3 oz Freeze Dried Strawberries (optional)
- 1 cup Unsweetened Coconut Yogurt
- 1/4 Seedless Watermelon (small, cut into 3/4 inch thick discs)
- 1/2 Cantaloupe (small, cut into 3/4 inch thick discs)
- 1 1/2 cups Strawberries (large, halved)
- 12 Barbecue Skewers (small)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 107    |
| Fat                | 2g     |
| Carbs              | 24g    |
| Fiber              | 2g     |
| Sugar              | 17g    |
| Protein            | 2g     |
| Cholesterol        | 0mg    |
| Sodium             | 18mg   |
| Vitamin A          | 2631IU |
| Vitamin C          | 53mg   |
| Calcium            | 106mg  |
| Iron               | 1mg    |

### Directions

- 1 Add the dried strawberries to a food processor and blend until the mixture is powdery. Add to the yogurt and mix until combined. Set aside.
- 2 Cut the watermelon, cantaloupe and strawberries with a heart-shaped cookie cutter.
- 3 Thread the fruit onto the skewers until they have a mix of colors and fruits. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is two fruit kabobs.

**More Flavor:** Add other fruits like raspberries, blueberries, and honeydew melon.



## Sweet Almond Crêpes with Strawberries

4 servings

15 minutes

### Ingredients

- 6 Egg
- 2 tbsps Monk Fruit Sweetener
- 2 tsps Vanilla Extract
- 1 cup Almond Flour
- 2 tsps Coconut Oil (divided)
- 1/4 cup Coconut Butter (soften, divided)
- 2 cups Strawberries (sliced, divided)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 421   |
| Fat                | 34g   |
| Carbs              | 22g   |
| Fiber              | 7g    |
| Sugar              | 6g    |
| Protein            | 17g   |
| Cholesterol        | 279mg |
| Sodium             | 112mg |
| Vitamin A          | 414IU |
| Vitamin C          | 42mg  |
| Calcium            | 114mg |
| Iron               | 3mg   |

### Directions

- 1 In a mixing bowl, whisk the eggs, monk fruit sweetener and vanilla together until well mixed. Stir in the almond flour.
- 2 Heat a small non-stick pan over medium heat. Add 1/4 of the coconut oil to the pan. Let the oil melt then evenly coat the pan.
- 3 Add about 1/4 cup of the batter to the oiled pan and tilt the pan in a circular motion to distribute the batter evenly. Cook for 60 to 90 seconds or until just golden brown and the crêpe releases easily from the pan, then flip and continue cooking for 30 to 60 seconds. Repeat with the remaining batter.
- 4 To serve, smear the coconut butter down the center of the crêpe and top with sliced strawberries. Fold or roll the crêpe and enjoy!

### Notes

**Leftovers:** Store coconut butter and strawberries separate from crêpes. Refrigerate the crêpes in an airtight container or zipper-lock bag for one day or freeze for longer. Reheat the crêpes in a dry pan until warmed through.

**Serving Size:** One serving is approximately two crêpes.

**More Flavor:** Add cinnamon to the batter.

**Additional Toppings:** Top with coconut whipped cream, maple syrup, cinnamon, shredded coconut or nut butter.

**No Strawberries:** Use raspberries instead.

**No Coconut Butter:** Use almond butter instead.

**No Monk Fruit Sweetener:** Use maple syrup instead and adjust for taste.



## Raspberries & Cream Chocolate Rice Cakes

4 servings

25 minutes

### Ingredients

1/2 cup Cream Cheese, Regular  
 2 tbsps Cow's Milk, Whole  
 1 cup Dark Chocolate Chips  
 1 tsp Coconut Oil  
 4 Plain Rice Cake  
 1/2 cup Raspberries

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 506   |
| Fat                | 30g   |
| Carbs              | 43g   |
| Fiber              | 1g    |
| Sugar              | 30g   |
| Protein            | 7g    |
| Cholesterol        | 28mg  |
| Sodium             | 137mg |
| Vitamin A          | 17IU  |
| Vitamin C          | 4mg   |
| Calcium            | 35mg  |
| Iron               | 2mg   |

### Directions

- 1 Line a baking sheet with parchment paper.
- 2 Add the cream cheese and milk to a mixing bowl. Mix with a handheld mixer until fluffy. Add another splash of milk if needed. Refrigerate until ready to use.
- 3 Place a saucepan over medium heat and add water. Bring to a simmer. Turn the heat to low and place a heat-proof bowl on top. Make sure that the bowl doesn't touch the water. Add the chocolate and coconut oil to the bowl and continuously stir until the chocolate has melted.
- 4 Drop two heaping tablespoons of melted chocolate into one spot on the baking sheet then place a rice cake on top. Turn it until it is covered in chocolate. Keep face down. Repeat with the remaining rice cakes. Refrigerate for 10 minutes or until the chocolate has set.
- 5 Once the chocolate has set, flip the rice cakes over and top each with the whipped cream cheese. Garnish each with raspberries. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is one rice cake.

**Make it Vegan:** Use a plant-based cream cheese and plant-based milk alternative.



## Raspberry Banana Ice Cream

4 servings

1 hour

### Ingredients

4 Banana (frozen, chopped)

2 cups Frozen Raspberries

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 144   |
| Fat                | 1g    |
| Carbs              | 36g   |
| Fiber              | 6g    |
| Sugar              | 19g   |
| Protein            | 2g    |
| Cholesterol        | 0mg   |
| Sodium             | 4mg   |
| Vitamin A          | 127IU |
| Vitamin C          | 23mg  |
| Calcium            | 23mg  |
| Iron               | 1mg   |

### Directions

1

Add the bananas and raspberries to a food processor and blend until smooth. The mixture will be thick. Scrape down the sides as needed.

2

You can serve it at this point for a soft-serve consistency or freeze it for 45 minutes for a firmer consistency. Enjoy!

### Notes

**Leftovers:** Freeze in an airtight container for up to one month.

**Serving Size:** One serving is one cup.

**More Sweetness:** Add maple syrup or honey.

**Additional Toppings:** Chocolate chips and/or shredded coconut.

**More Scoopable:** Add 1 tbsp of vodka per two servings to prevent a hard freeze.



## Chocolate Strawberry Chia Pudding

4 servings

30 minutes

### Ingredients

- 1/2 cup Chia Seeds
- 2 cups Plain Coconut Milk  
(unsweetened, from the carton)
- 1/2 cup Chocolate Protein Powder
- 2 cups Strawberries (halved)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 219   |
| Fat                | 10g   |
| Carbs              | 20g   |
| Fiber              | 10g   |
| Sugar              | 7g    |
| Protein            | 14g   |
| Cholesterol        | 2mg   |
| Sodium             | 41mg  |
| Vitamin A          | 258IU |
| Vitamin C          | 42mg  |
| Calcium            | 447mg |
| Iron               | 2mg   |

### Directions

- 1 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the strawberries and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**No Protein Powder:** Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

**Likes it Sweet:** Add a drizzle of maple syrup or honey.

**Likes it Thicker:** Use full fat coconut milk instead.

**Additional Toppings:** Add granola or cacao nibs on top for crunch.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.