

# WILLIAMS-SONOMA

## THE 52 NEW FOODS CHALLENGE presents NO BAKE VALENTINE'S TREATS

Surprise your sweetie with delicious Valentine's treats from Jennifer Tyler Lee's *The 52 New Foods Challenge*. Her easy, no bake treats are perfect for spreading your love of homemade goodness. Bonus: they're healthy too!

### GIVE TREATS A HEALTHY TWIST:

**1 CHOOSE DARK CHOCOLATE.**  
Dark chocolate is good for your heart and an easy way to reduce added sugars in your diet. Choose chocolate with a minimum of 70% cacao for the most benefit.

**2 ADD A NEW FOOD.**  
Chocolate Rocket features avocado. Bitty Bites are packed with sunflower seeds. Dark Chocolate Bark is powered by coconut and walnuts. Sweet treats can be healthy too!

**3 SERVE IT SMALL.**  
Serve treats in mini ramekins or espresso cups. When made with quality wholesome ingredients a small taste satisfies.



### THE CHOCOLATE ROCKET from THE 52 NEW FOODS CHALLENGE

This delicious, no bake chocolate pudding from Jennifer Tyler Lee's new book, *The 52 New Foods Challenge*, is so much fun to make with your kids. Avocado gives this treat a creamy texture and a boost of healthy fats! Just remember not to sneak in any ingredients. Have your kids make this recipe, so they know what's in the food they're eating.

#### Ingredients:

- 2 medium Hass avocado
- ½ cup unsweetened cocoa powder
- ½ cup light brown sugar
- ½ cup whole milk
- 2 teaspoons pure vanilla extract
- Whipped cream and fresh fruit, for serving

Prep time: 10 minutes    Cook time: 0 minutes    Serves: 8

#### Directions:

- 1 Halve the avocados and remove the pits. Using a spoon, scoop around the fruit, between the flesh and the skin, to remove the flesh. Place it in a blender.
- 2 Add the cocoa powder, sugar, milk, and vanilla and process for 2 minutes, or until smooth and no chunks of avocado remain.
- 3 Chill for 10 minutes.
- 4 Serve in small cups with a dollop of whipped cream. Top with fresh fruit.



### Jennifer Tyler Lee's *The 52 New Foods Challenge*

**NEW & EXCLUSIVE** Michael Pollan calls *The 52 New Foods Challenge* a “cool new cookbook” and we agree! Cook up family fun with this week-by-week healthy eating guide. Over 150 delicious recipes and engaging activities that will boost variety at your table and keep you cooking together each week of the year.

Get 10% off your book purchase. **TODAY ONLY.**

“A mom and genius game creator helping kids eat fresh food.”

- JAMIE OLIVER'S FOOD REVOLUTION

