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:

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.

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!

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

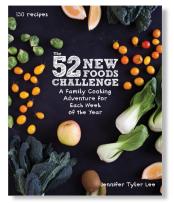
Directions:

Prep time: 10 minutes

1 Halve the avocadoes 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.

Cook time: 0 minutes

- 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.



Serves: 8