

# The Ultimate Valentine's Recipes

## STRAWBERRY SHORTCAKE KABOBS

### INGREDIENTS:

#### For Simple Syrup:

2 cups water  
1/4 cup granulated stevia  
Zest of 1 small lemon

#### For Shortcake:

3 cups blanched almond flour  
1/4 cup coconut flour  
1/4 cup tapioca flour  
  
2 tablespoons granulated stevia  
1 teaspoon baking powder  
1/4 teaspoon coarse sea salt  
4 large eggs  
1/2 cup butter lightly cooled

#### Ingredients for assembly:

1 pint strawberries washed, dried, hulled and sliced  
  
Coconut Whipped Cream

### DIRECTIONS:

1. Make the simple syrup first by bringing the water to a boil, then stirring in the Stevia or honey until dissolved.
2. Add the zest and simmer for 3-5 minutes.
3. Remove from heat and allow to cool to room temperature before using.

4. While the syrup is cooling, make the shortcakes.
5. Preheat the oven to 450 and line a baking sheet with parchment or a nonstick pad and set aside.
6. In a large mixing bowl, whisk together the dry ingredients (almond flour through salt) and set aside.
7. In a smaller bowl, whisk the eggs, then whisk in the butter or oil.
8. Pour the egg mixture into the dry mixture and stir just until all of the ingredients are thoroughly incorporated.
9. Scoop 3-4 Tablespoon portions (I used an ice cream scoop) and place them about 2" apart on the prepared baking sheet.
10. Flatten the tops very gently with the palm of your hand.
11. Bake for 10-15 minutes until lightly golden around the edges.
12. Cool completely before slicing lengthwise, and topping with a scoop of sliced strawberries, a drizzle of simple syrup, and a dollop of coconut whipped cream.

## **QUICK & EASY AVOCADO PUDDING**

### **INGREDIENTS:**

1 avocado  
4 TBSP unsweetened cacao powder  
1 banana, mashed  
2 tsp. nut butter  
Pinch of sea salt

### **Optional toppings:**

Cacao nibs, coconut chips, shredded coconut, or dark chocolate chips (sweetened with stevia)

### **DIRECTIONS:**

1. Mash avocado and banana.
2. Add in your cacao powder, nut butter, pinch of salt, and mix thoroughly.
3. Add toppings if you would like.



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## **CHOCOLATE-ALMOND YOU WON'T BELIEVE IT'S NOT FUDGE**

### **INGREDIENTS:**

4 Tbsp coconut oil, softened  
4 Tbsp almond butter  
3 Tbsp unsweetened cocoa powder  
Pinch Sea Salt

### **DIRECTIONS:**

1. Mix all ingredients together in a small bowl.
2. Microwave for 10-15 seconds to soften the coconut oil further if necessary
3. Mix again.
4. Stir until completely blended and smooth
5. Pour mixture into forms and freeze until solidified.



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## **DARK CHOCOLATE POMEGRANATE BARK**

### **INGREDIENTS:**

4 cups dark chocolate chips (sweetened with Stevia)  
1/3 cup pomegranate seeds  
1/3 cup unsweetened finely shredded coconut

### **DIRECTIONS:**

1. Place half of the dark chocolate chips in a microwave bowl and cook for 5-6 minutes, stirring frequently, until melted. (or melt carefully in a double boiler)
2. Line two baking sheets with parchment paper.
3. Pour melted dark chocolate onto lined baking sheet and spread the chocolate into a rectangle (the chocolate can be as thick/thin as you want based on preference).
4. Sprinkle pomegranate seeds and shredded coconut on the chocolate.
5. Place the baking trays in the freezer until hard.
6. Break the chocolate into pieces and enjoy! Note: If using a microwave for the chocolate, place a bowl of water in the microwave with the dark chocolate chips to keep them from drying out and burning.

[Credit: CaveGirlintheCity.com]



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## CHOCOLATE ALMOND BUTTER CUPS

### INGREDIENTS:

- 1 cup smooth almond butter
- ½ cup unsweetened shredded coconut
- 1 tablespoon coconut oil
- 1 tablespoon honey
- pinch of sea salt
- 1 cup Chocolate Chips (sweetened with Stevia), melted

### DIRECTIONS:

1. Place almond butter, coconut, coconut oil, honey and salt in a food processor and puree until smooth and well combined.
2. Add a spoonful of the mixture into 8-10 mini muffin tins then pour melted chocolate on top of each spoonful. (no you don't need to grease the tins)
3. Place in freezer for 30+ minutes until set.
4. Use a sharp knife to pop out each almond butter cup.
5. Store in freezer and remove 5 minutes before eating to help soften the chocolate.



*I hope you enjoy these as much as I've enjoyed putting them together for you. If I can be of any help with your fitness goals, don't hesitate to call 727-742-0816 or [email me](#)*

*Committed to Your Success & Awesomeness,*

**Dianne Villano** – Your Fitness & Body Transformation Expert