

# Food Advocate

Monthly Newsletter  
February 2023: Healthy Sweets

HCAA Food Advocacy  
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## Welcome!

Hi, I'm glad you are here! Now that we have entered a new year, I thought there was no better way than to start something new! I wanted to create a space for us to keep in touch, sharing recipes, cooking tips, and more. I hope to continue this newsletter each month and I encourage you to share any recipe ideas or other recommendations you have!

## Healthy Sweets

This month's newsletter features a variety of festive and healthy treats in celebration of Valentine's Day. The following recipes are super easy and require only a few ingredients. Grab a friend or family member and enjoy one of these sweet treats with someone you love this month!



## Tips & Tricks

Swap out regular Greek yogurt for fat-free and or plain Greek yogurt for a lighter option. The following items are healthier alternatives to sweeten up a dish: stevia, dates, honey, 100% maple syrup, and cinnamon.



\*\*\*All recipes sourced from [thishealthytable.com](http://thishealthytable.com)  
and [aroundmyfamilytable.com](http://aroundmyfamilytable.com)

# Valentine's Snack Mix

Prep Time: 5 minutes

Total Time: 5 minutes

Yield: 12



## Ingredients:

- 1 cup freeze dried strawberries
- 1 cup yogurt bites
- 1 cup rice or corn Chex
- 1 cup pink and or red m&ms
- 1 cup strawberry fruit snacks
- 1 cup sour cherry candies

## Directions:

Mix all ingredients in a large bowl and enjoy!

# Heart Fruit Skewers

Prep Time: 10 minutes

Total Time: 10 minutes

Yield: 20 skewers

## Ingredients:

- 1 small watermelon, cut into discs
- 1 cantaloupe, cut into discs
- 1 honeydew, cut into discs
- 2 cups strawberries, halved
- 1/4 cup blueberries

## Directions:

1. Cut the watermelon, honeydew, and cantaloupe with a heart-shaped cookie cutter.
2. Thread the fruit onto the skewers till they have a mix of colors and fruits.
3. To make a standing display, use half a small watermelon. Cut off the end so it stands flat and stick the skewers into it.



# Yogurt Covered Strawberries

Prep Time: 10 minutes

Total Time: 1 hour 10 minutes

Yield: 12 strawberries

## Ingredients:

- 12 strawberries
- 10 ounces vanilla Greek yogurt
- pink food coloring

## Directions:

1. Wash and pat dry strawberries. No moisture should remain on the berries before dipping them in the yogurt.
2. Place a piece of parchment paper on a large plate or cutting board.
3. Place the yogurt in a small bowl and holding onto the green leaves, dip each strawberry into the yogurt. Swirl it around to cover the berry, leaving a little red at the top.
4. Place each yogurt dipped strawberry on the parchment paper. When you have dipped all the strawberries, place them in the freezer for 5 to 20 minutes.
5. Dip the strawberries a second time in the yogurt. To get a gradient of pinks, dip 4 berries in the yogurt with no food coloring, then add a single drop of pink food coloring to the yogurt and stir it till combined. Dip four more berries in the yogurt. Then add another drop of food coloring to the yogurt and stir to combine. Dip the remaining four berries in the yogurt.
6. Place the strawberries back in the freezer for 40 minutes to 1 hour.
7. The frozen yogurt will begin melting when you remove the berries from the freezer, so only pull them out when you are ready to serve them.



# Dark Chocolate Pomegranate Bites

Prep Time: 8 minutes

Total Time: 8 minutes

Yield: 12 pieces

## Ingredients:

- 2 1/2 cups pomegranate seeds
- 5.25 ounces (150 grams) high-quality dark chocolate
- 1 tablespoon sea salt

## Directions:

1. Across 12 muffin cups, sprinkle a single layer of pomegranate seeds.
2. Melt the dark chocolate in a small bowl in the microwave. Check often to make sure it's not burning.
3. Add the melted dark chocolate to a piping bag or plastic bag. Snip off the end, so a small stream of chocolate can come out.
4. Pipe a crisscross pattern of chocolate across the pomegranate seeds. Add another layer of pomegranate seeds, then more chocolate, and then the last layer of seeds.
5. Finish with a pinch of sea salt on each of the pomegranate chocolate bites.
6. Refrigerate for at least one hour before serving. After removing from the fridge, serve immediately.



# Strawberry Yogurt Popsicles

Prep Time: 10 minutes

Total Time: 3 hours

Yield: 10 servings

## Ingredients:

- 1 1/2 cups plain yogurt
- 1 pound frozen strawberries
- 2 tablespoons water
- 1 tablespoon freshly squeezed lime juice
- 3 tablespoons honey, divided

## Directions:

1. Stir the yogurt and a tablespoon of honey together. Make sure there are no lumps.
2. In a high-speed blender or food processor, combine the strawberries, water, lime juice, and tablespoons of honey till fully combined.
3. Add alternating layers of yogurt and strawberry puree to 10 popsicle molds. When you've added all the yogurt and strawberry puree to the molds, tap them on the counter 5 to 10 times (this will help the yogurt and strawberries swirl in a pretty pattern once frozen). Insert the popsicle sticks.
4. Freeze the popsicle for at least three hours.
5. If the popsicles don't immediately release from the mold, run the mold under some lukewarm water (this will help the popsicle loosen).
6. Serve immediately or save them in the freezer for up to 3 months.

