

MEAL #: Side dishes are in <i>ITALICS</i>	INGREDIENTS: Side dish ingredients are in <i>ITALICS</i>	INSTRUCTIONS: Side dish instructions are in <i>ITALICS</i>
<p>Dessert 1</p> <p>Simple Gourmet</p> <p>Dark Chocolate Torte</p> <p>This rich, fudgy cake is a decadent dessert for a special evening with your special someone.</p>	<p>(Butter & flour for pan) 7 oz dark chocolate baking squares, chopped ½ c butter, 1 stick 4 eggs, separated (1 c sugar) (3 T flour) Optional Garnish: (Powdered sugar) Fresh raspberries</p>	<p>Butter & flour 9" spring-form pan. Preheat oven to 275°F. Melt chocolate & butter in double boiler or metal bowl over a pan of simmering water; stir until smooth. Remove from heat; cool 5 min. In a large bowl, whisk 4 egg yolks, sugar & flour. Stir in chocolate mixture. In a metal bowl, beat egg whites with an electric mixer on high until stiff peaks form. Gently fold egg whites into chocolate mixture; DO NOT over mix. Pour into pan; bake 45 min (toothpick won't come out clean). Cool 10 min before removing walls of pan. Cool completely. Garnish with powdered sugar & berries. Note: You can also use a 9" round cake pan. Slice and serve from pan.</p>
<p>Dessert 2</p> <p>Red Velvet Cake Bites</p> <p>This recipe makes a large batch – perfect for school or a Valentine's Day party. If you have extras, freeze in airtight containers up to one month.</p>	<p>1 box red velvet cake mix (Egg, oil, water called for on package) 16 oz container cream cheese frosting 16 oz pink, red, and/or white candy melts Lollipop sticks (Foam block, to serve as a "stand," optional) Optional Garnish: Assorted Valentine's Day sprinkles</p>	<p>Prepare cake according to package instructions. Cool. Crumble into a large bowl. Add frosting & stir to combine. Roll into 1" balls & place on baking sheets. Refrigerate overnight. Melt candy melts in microwave on med power; stirring until smooth. Dip end of 1 lollipop stick in candy & insert into 1 cake ball. Dip cake ball in melted candy; allow excess to drip off. Place on baking sheet lined with wax paper or poke into foam block. Sprinkle with sprinkles if desired. Repeat with remaining balls. Let stand until set.</p>
<p>Dessert 3</p> <p>Paleo</p> <p>Chocolate Pudding with Coconut Whipped Cream</p> <p>This rich creamy pudding gets its dreamy texture from a surprise ingredient – avocados.</p>	<p>13.5 oz can coconut milk, chilled overnight, divided 2 ripe avocados, peeled & pitted 2 ripe bananas 4 medjool dates, pitted ½ c cocoa powder (2 T maple syrup, divided) (2 t vanilla extract, divided) (Pinch of sea salt) Optional Garnish: Fresh raspberries</p>	<p>Open can of coconut milk WITHOUT shaking. Scoop out layer of thick cream on top into bowl. Discard remaining liquid in can. Measure out 1½ T of the coconut "cream" & place in a food processor or blender. Transfer bowl with remaining coconut "cream" to refrigerator. Add avocados, bananas, dates, cocoa powder, 1 T syrup, 1 t vanilla & sea salt to food processor; process until smooth. Refrigerate at least 30 min before serving. Remove bowl of coconut "cream" from refrigerator; add remaining 1 T maple syrup & 1 t vanilla. Beat with an electric mixer until soft peaks form. Serve pudding with whipped cream and fresh raspberries, if desired.</p>
<p>Dessert 4</p> <p>Triple Chocolate Nutella® Cookies</p> <p>Cocoa powder, Nutella® & chocolate chips combine in these oh-so-chocolaty cookies, making them an instant favorite.</p>	<p>(1¼ c flour) ⅔ c cocoa powder (1 t baking powder) (½ t baking soda) (½ t salt) ½ c butter, 1 stick, softened (½ c granulated sugar) (½ c dark brown sugar) ⅓ c chocolate hazelnut spread, such as Nutella® (1½ t vanilla extract) (⅓ c milk) ½ c milk and/or white chocolate chip (Parchment paper)</p>	<p>Whisk together flour, cocoa, baking powder, baking soda & salt. Combine butter & both sugars; beat with an electric mixer on med until creamy. Add chocolate hazelnut spread & vanilla; mix until combined. Add ½ of flour mixture, then milk, & remaining flour mixture, stirring well between additions. Stir in chocolate chips. Refrigerate dough at least 20 min. Preheat oven to 325°F. Using a tablespoon measure, scoop dough onto baking sheets lined with parchment paper. Bake 8-10 min. Cool on baking sheets 2 minutes; transfer to wire racks and cool completely.</p>
<p>Dessert 5</p> <p>Chocolate Covered Strawberries</p> <p>Short on time? Whip up something special in 30 minutes with just 4 ingredients.</p>	<p>1½ c milk chocolate chips (1 T shortening) 16 oz strawberries, washed & thoroughly dried (Wax paper) Optional Garnish: Flaked coconut Finely chopped toasted nuts</p>	<p>Place chocolate chips & shortening in a glass bowl. Microwave on medium power 2-3 minutes, stirring every 30 seconds, until melted. Dip strawberries into melted chocolate & allow excess to drip off. Place on baking sheets lined with wax paper. If desired, roll strawberries immediately in coconut or chopped nuts. Chill 30 min, or until set.</p>



VALENTINE'S DAY DESSERT MENU Grocery List

DESSERT #	X	GROCERY ITEM	OTHER ITEMS I NEED	X
		PRODUCE		
1,3		1 pint raspberries, optional		
3		2 ripe avocados		
3		2 ripe bananas		
3		4 medjool dates		
5		16 oz strawberries		
		DAIRY		
1,4		1 c butter, 2 sticks		
1		4 eggs		
		CANNED & PACKAGED		
1		7 oz dark chocolate baking squares		
2		1 box red velvet cake mix		
2		16 oz container cream cheese frosting		
2		16 oz pink, red, and/or white candy melts		
2		1 pkg lollipop sticks		
2		Assorted Valentine's Day sprinkles, optional		
3		13.5 oz can coconut milk		
3,4		½ c + ⅔ c cocoa powder		
4		⅓ c chocolate hazelnut spread, such as Nutella®		
4,5		12 oz bag milk chocolate chips, for 2 c		
4		½ c white chocolate chips		
5		Sweetened flaked coconut, optional		
5		Chopped nuts of choice, optional		

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Staples Needed For Each Dessert:

Dessert 1

Butter and flour for pan
1 c sugar
3 T flour
Powdered sugar, **optional**

Dessert 2

Egg
Oil
Foam block, **optional**

Dessert 3

2 T maple syrup
Vanilla extract
Sea salt

Dessert 4

¼ c flour
Baking powder
Baking soda
Salt
½ c sugar
½ c dark brown sugar
Vanilla extract
⅓ c milk
Parchment paper

Dessert 5

1 T shortening
Wax paper