

## BLACK FOREST HOT CHOCOLATE

### SERVES 2

Valentine's Day isn't complete without chocolate. This drinkable dessert gets its dark red hue from cherry juice, cocoa powder and dark chocolate, all packed with heart-healthy antioxidants.

- 2 cups (500 mL) light canned coconut milk
- 1/4 cup (60 mL) unsweetened cherry juice
- 2 Tbsp (30 mL) coconut sugar (or brown sugar)
- 3 Tbsp (45 mL) finely chopped or grated dark chocolate
- 2 Tbsp (30 mL) raw cacao or cocoa powder
- 2 Tbsp (30 mL) unsweetened toasted coconut chips

In medium saucepan over medium heat, whisk milk, juice, sugar, dark chocolate and cacao or cocoa powder until melted, piping hot and fully combined. Whisk to create a few air bubbles, then pour into mugs, top with coconut chips and serve.

**EACH SERVING CONTAINS:** 441 calories; 5 g protein; 31 g total fat (21 g sat. fat, 0 g trans fat); 40 g total carbohydrates (21 g sugars, 6 g fiber); 35 mg sodium





## RED HOT “CAESAR”

### SERVES 2

Spice things up with a spicy, savory Caesar renewed with healthy carrot juice and tomato juice.

- 1 lime wedge
- 1 cup (250 mL) low-sodium tomato juice or vegetable cocktail
- 1/2 cup (125 mL) carrot juice
- 1/4 tsp (1 mL) hot sauce, plus more to taste
- 1/4 tsp (1 mL) Worcestershire sauce
- 1/4 tsp (1 mL) ground celery seed
- Ground black pepper, to taste
- 1 carrot, shaved into ribbons, skewered

Start with fridge-cold ingredients. Coat rims of 2 glasses with lime. In pitcher, add tomato juice or vegetable cocktail, carrot juice, hot sauce, Worcestershire sauce, celery seed and pepper. Alternatively, rim glasses with celery seed and pepper. Stir to combine, pour into glasses and garnish with carrot ribbon.

**EACH SERVING CONTAINS:** 54 calories; 2 g protein; 0 g total fat (0 g sat. fat, 0 g trans fat); 13 g total carbohydrates (6 g sugars, 2 g fiber); 61 mg sodium



## SPARKLING “SANGRIA”

### SERVES 2

Bittersweet grapefruit, tart pomegranate and sweet maple syrup combine to make a seasonally inspired faux sangria for lovebirds of all ages.

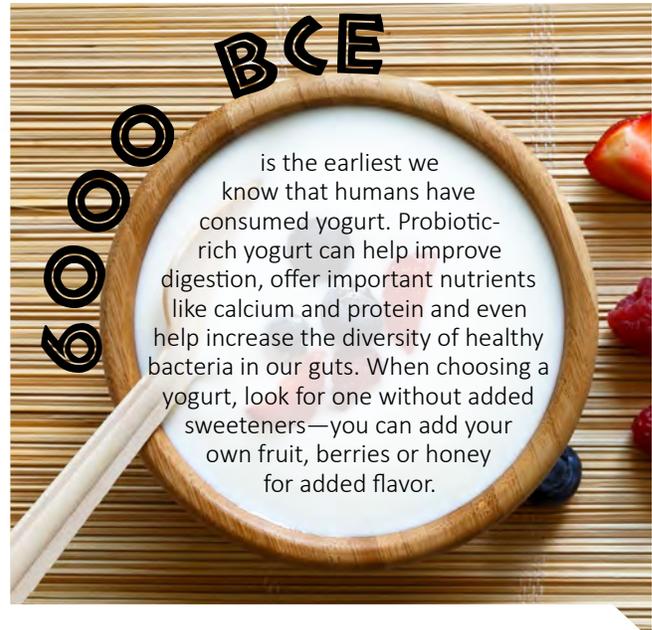
**1/2 cup (125 mL) red grapefruit juice**  
**1/2 cup (125 mL) pomegranate juice**  
**2 Tbsp (30 mL) maple syrup**  
**1/4 red grapefruit, thinly sliced**  
**1/4 red apple, thinly sliced**  
**1/2 cup (125 mL) sparkling water**

In tall pitcher or large bowl, stir grapefruit juice, pomegranate juice, syrup, grapefruit slices and apple slices. Refrigerate for at least 1 hour to infuse and chill, or up to 6 hours. To serve, pour into glasses, including the whole fruit slices, and top with a splash of sparkling water.

**EACH SERVING CONTAINS:** 131 calories; 1 g protein; 0 g total fat (0 g sat. fat, 0 g trans fat); 33 g total carbohydrates (22 g sugars, 1 g fiber); 21 mg sodium

# 1 YEAR

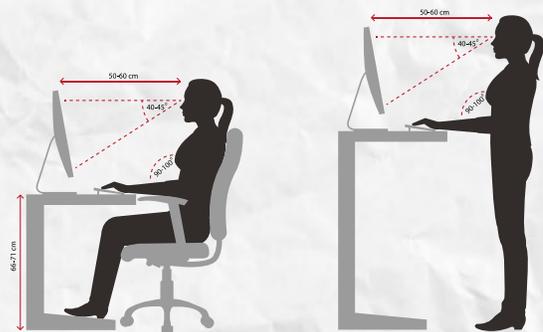
after quitting smoking, your added risk of cardiovascular disease is half that of a smoker's. And five years after quitting, your stroke risk is the same as a non-smoker's. Quitting smoking is challenging, but well worth it. For help, have a chat with your doctor or pharmacist—you're not alone.



is the earliest we know that humans have consumed yogurt. Probiotic-rich yogurt can help improve digestion, offer important nutrients like calcium and protein and even help increase the diversity of healthy bacteria in our guts. When choosing a yogurt, look for one without added sweeteners—you can add your own fruit, berries or honey for added flavor.

# 2 TO 3

inches (5 to 7.5 cm) is how high above your eye level your computer monitor should sit to alleviate eye and neck strain. It should be about an arm's length away from you, and you should sit comfortably in your chair with both feet flat on the floor. Correct ergonomic posture can help you avoid a variety of health issues, like carpal tunnel syndrome.



# 23%

is how much your risk of heart disease rises for every 2 percent of your daily calories that come from trans fats. Trans fats (also known as hydrogenated oils) are found in many commercially produced baked goods, deep-fried foods and some stick margarines. When grocery shopping, read nutritional facts and ingredient lists to avoid the term "partially hydrogenated oil."

# 150

minutes a week of moderate activity is recommended for heart health, and can have powerful full-body and mental health benefits as well. You don't need to log hours on a treadmill: find an activity you enjoy, like outdoor jogging, kayaking, water aerobics, playing squash or dancing. Why not get the whole family involved?

