## Activity 2: Treats from the Heart

Show your love by making your loved one some sweet treats. We’ve included several recipes to make delicious goodies. Pack them in goodie bags, clear plastic reusable food storage containers, or decorated plastic baggies or mason jars and give them to the person/people you love.

### Chocolate Dipped Pretzels

For ease, this recipe uses chocolate candy coating but could be made using chocolate chips and melting them in a double boiler.

#### Ingredients and Supplies

* 1 pkg chocolate or vanilla candy coating (almond bark or candy melts)
* 1 or 2 bags pretzel rods
* sprinkles (optional)
* nonpareils (optional)
* mini chocolate chips (optional)
* microwave
* microwave-safe bowl
* waxed paper
* plates
* spoon

#### Instructions

1. Melt the candy coating in microwave-safe bowl (or in its own container, if provided) in the microwave 1 minute and stir with spoon. Continue heating in 15 second increments, stirring between each, until the almond is smooth.
2. Using the spoon, pour melted almond bark over the pretzel rod, leaving a portion exposed to hold onto.
3. (Optional) Sprinkle nonpareils, mini chocolate chips, or sprinkles all over the pretzel.
4. Set aside on wax paper for the chocolate to set.
5. Store in airtight container when dry.

### Chocolate Dipped Strawberries

#### Ingredients and Supplies

* 1 quart strawberries (using berries with fresh green leaves if possible is preferred)
* 1 1/3 to 1 1/2 cups milk chocolate, semisweet, or dark chocolate chips
* microwave-safe bowl
* waxed paper
* baking sheet

#### Instructions

1. Make sure your strawberries are washed, dried thoroughly (any water will cause chocolate to seize when strawberry is dipped in), and at room temperature.
2. Place a piece of waxed paper on a baking sheet large enough to hold the dipped strawberries in a single layer.
3. Place the chocolate chips in microwave-safe bowl and heat it for about 1 minute, stirring until it’s melted and smooth. (Heat in 10 second increments if not smooth after stirring)
4. Holding a strawberry by its stem (or leaves), swirl it in the chocolate to coat all sides.
5. Place on the waxed paper lined baking sheet.
6. Refrigerate the berries for 20 minutes to set the chocolate.
7. Remove from refrigerator and let harden completely at room temperature.
8. Serve same day, if possible.

Recipe by [PJ Hamel via King Arthur Baking Company](https://www.kingarthurbaking.com/recipes/chocolate-dipped-strawberries-recipe).

### Edible Cookie Dough Bites

Cookies are so popular and cookie dough even more so. This recipe makes cookie dough safe to eat raw.

#### Ingredients and Supplies

* 1 cup all purpose flour, sifted
* 1/2 cup softened unsalted butter
* 1/3 cup brown sugar
* 1/3 cup granulated sugar
* 1 teaspoon vanilla extract
* 1/4 teaspoon salt
* 3/4 cups mini chocolate chips
* bowl
* mixer
* measuring cups
* measuring spoons
* spoon
* foil
* baking sheet

#### Instructions

1. Sift flour onto a foil-lined baking sheet in an even layer.
2. Bake in a 350°F oven for 5 minutes to kill any bacteria.
3. Remove from oven and let cool.
4. In a large bowl, add butter, brown and granulated sugar, and beat until light and fluffy.
5. Add vanilla extract and salt; mix until well combined.
6. Mix in cooled down flour.
7. Add mini chocolate chips and mix.
8. Roll into 1-inch balls and refrigerate for 15-20 minutes.
9. Store in airtight container and keep refrigerated.

Recipe adapted from [Simply Bakings](https://simplybakings.com/cookie-dough-bites/).