

# yummy

...food that's good for you



PHOTOGRAPH BY ANDREW MCCAUL; FOOD STYLING: MARIANA VELASQUEZ

## no tricks—just a **healthy** treat

Kids get bombarded with sticky, gooey sweets around Halloween. So try making these supereasy, superhealthy chocolate fudge bites for your child's holiday party or playdate: Place  $1\frac{1}{2}$  cups each of pitted dates and walnuts in a large bowl and add enough hot water to cover. Let the dates and walnuts soak for 30 minutes, drain, and transfer to a food processor along with  $\frac{1}{4}$  cup unsweetened cocoa powder, 1 tablespoon sugar, and  $\frac{1}{4}$  teaspoon each of vanilla extract and salt. Process until completely smooth (about 1 minute), then use a spatula to transfer the mixture to an 8-inch-square baking dish lined with parchment paper. Refrigerate overnight before slicing into 24 bite-size pieces and serving. They're so good, it's scary!

**Per piece:** calories 77, fat 5 g, protein 2 g, carbohydrates 9 g, dietary fiber 2 g

**buzz 50 • cooking with kids 54 • nutrition 56 • let's eat 58**