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## Valentine's Day Gift Guide: The Best Sweet Treats For The Healthy Valentine



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Short of flowers, few gifts compares to edible treats when it comes to Valentine's Day. But not all sweets are created equal. And while there is nothing wrong with indulging in traditional treats, a boom in innovation among the better-for-you brands offers healthier interpretations sure to impress your loved ones. Better yet, you don't even have to leave the house, as everything is available to order online. From artisanal, Fair Trade chocolate to organic spins on classic chocolate bars to cute additions like candy gram cards and festive wrapping—these healthy treats will satisfy sweet-tooth's this Valentine's Day, and beyond.

## REAL Cookies Limited Edition “You’re Awesome” Box (\$26)



REAL Cookies Limited Edition “You’re Awesome” Box REAL COOKIES

Coconut and almond flour are blended with Vermont maple syrup, real fruit and chocolate chips, for a healthier, gluten-free spin on the traditional cookie. Made without gluten, grains, dairy or eggs, they’re the perfect gift for those with dietary restrictions or allergies. This limited edition gift box gets them two of each flavour—Chocolate Chip, Peanut Butter and Lemon Blueberry—plus pop-up notecards with inspirational messages.