

Cornucopia Cool Chef Recipes



Week 3 – Valentine Treats

Chocolate Sweet Hearts

A crispy, chocolaty, light cookie, perfect for dipping in yogurt or ice cream. SERVINGS: 42.

Ingredients:

1 cup	Flour
¼ cup	Unsweetened cocoa
½ tsp	Baking soda
¼ tsp	Salt
4 oz (2/3 cup)	Semisweet chocolate, chopped or chips
4 TBS	Unsalted butter, cut into pieces
½ cup	Light brown sugar, packed
1	Egg

* www.marthastewart.com

Directions:

1. Whisk together flour, cocoa, baking soda and salt in a medium bowl.
2. In a double boiler, or in another heat-proof bowl set over a saucepan of simmering water, place chocolate, butter and brown sugar. Stir frequently until nearly completely melted. Remove from heat, continue stirring until fully melted and let cool slightly.
3. Add chocolate to egg mixture. Beat with whisk or mixer until well blended. Gradually stir in flour mixture until dough forms a ball.
4. Divide dough in half and roll out each on a sheet of parchment paper to ¼ inch thickness. Place each sheet (still on paper) to a baking sheet and freeze until firm (about 20 min).
5. Preheat oven to 350. With ½ half of dough at a time, flip dough onto a work surface. Peel off paper and use a 2" heart-shaped cookie cutter to cut out cookies. Place ½ inch apart on baking sheets. Bake 8-10 minutes until firm and fragrant. Transfer to cooling rack.

Muesli Pancakes

This is a weekend staple at Tiffany's house. Delicious and nutritious. Yields: 10-12 large pancakes

Ingredients:

1 cup	Oats (quick or old fashioned)
1 cup	Lowfat milk
1 cup	Plain organic yogurt
1	Large apple, cored, peeled and grated (anything but Red Delicious)
3	Eggs, beaten
½ cup	Whole wheat flour
¾ cup	All purpose flour
¼ cup	Ground flax seed, wheat germ or oat bran (or simply more whole wheat flour)
¾ tsp	Baking soda
¾ tsp	Baking powder
¼ cup	Butter, melted or vegetable oil

**Adapted from [Stonyfield Farm Cookbook](#)*

Directions:

1. Stir together oats, milk, yogurt and apple in a large bowl. Let stand for 15 minutes.
2. Add eggs and stir to combine.
3. In separate bowl, mix together flours, soda and baking powder. Add the flour mixture to the oat mixture and stir well. Add melted butter and mix.
4. Drop by large spoonfuls onto a hot, lightly oiled griddle. Cook over medium heat for 2 minutes or so, until little bubbles show, then flip and lightly brown other side.

Strawberry Sauce

This bright color and summer-sweet flavor are perfect for Valentine's Day or any special breakfast! Yields 2 cups

Ingredients:

2 10oz bags	frozen organic strawberries (or 1 lb fresh if in season)
¼ cup	Sugar
¼ cup	Water
½	Lemon, juiced

**Adapted from [laylita.com](#)*

Directions:

1. Combine all the ingredients in a small pot over medium heat.
2. Bring to a boil and cover over medium low heat for 20-30 minutes. Serve warm or cold.

Cherry Sherbet

Who doesn't love a scoop of frozen fruitiness? Especially when it only has 3 ingredients! Yields: 4 servings

Ingredients:

1 10-12 oz bag Frozen organic cherries (2 cups)
½ Plain organic whole milk yogurt
1 Tbs Confectioner's sugar

optional
¼ cup almond or other nut butter (for richer, nutty flavor, if desired)

**Adapted from chopchopmag.org and epicurious.com*

Directions:

1. Place cherries in a food processor or blender and pulse until well chopped.
2. Add yogurt and wee bit of sugar (and nut butter if desired). Process until smooth.
3. Put mixture into ice cream maker and process according to manufacturer's directions.

NOTE: If you don't have an ice cream maker, pour mixture into a 9x13" baking pan and place in freezer. Every 30 minutes, use a fork to scrape frozen edges in toward the middle and crush any lumps. Continue until firm and slushy, about 2 ½ -3 hours.
