

# Let's Eat

Healthy fast food & dessert + a mix of lifestyle tips

**February...The Month of Fire & Romance** honors the Fire Goddess, Brigid, a Celtic Triple Goddess ruling healing, poetry and the fire of smith crafting. Always associated with the element of fire, pay tribute and call on her to spark your inspiration, motivation, creative and healing work for what you pursue. **In Matters of Love & Romance it's Valentine's Day.** It may have begun in ancient Rome as the feast of Lupercalia, an annual pagan purification and fertility celebration including the sacrifice of a goat, dog and whipping of willing young women with hides of the slain animals. The revelers believed this custom would help make them fertile. Research is very contradictory. Some say Circa 496 Valentine's Day was instituted by Pope Gelasius I, other information states the Pope issued a letter forbidding the celebration of Lupercalia ...SO...**Let's Just Celebrate everything...** brew up an espresso, tea, or pour a glass of Prosecco. Plate the Love Bites and



garnish with a fresh rose. Honor the Fire Goddess by lighting candles. Get creative and inspired by reading or writing a poem. Send healing energy to someone and share these delicious Valentine confections with your sweethearts!

## – Chocolate Love Bites –

### INGREDIENTS + PREPARATION

- dry ingredients:** blend together; set aside
  - + 1 C finely pulsed butter cookies: *Walkers Butter Shortbread, Lorna Doons, or Petit Beurre*
  - + 1 C sifted organic powder sugar
  - + 1 C finely pulsed nuts
  - + 1/2 C 100% organic cacao or carob powder
  - option** 1/4 tsp: cayenne pepper; cinnamon; nutmeg
- wet ingredients:** in another bowl mix until well blended
  - + 2 T unprocessed coconut butter
  - + 2-3 T unprocessed clear agave
  - + 1/4 C bourbon or dark rum
  - + 1 1/2 tsp organic vanilla
- combine **dry and wet** ingredients until well blended. Chill for easier handling.
- Ball Shape:** roll 1 tablespoon dough into balls; coat in powder sugar, coco powder, sprinkles; place on parchment paper.  
**Heart Shape:** lightly grease silicon heart mold with coconut oil; over-fill mold and press in tightly with wood tamper. Chill and release hearts. Sprinkle with powdered sugar or a mixture of cocoa powder and powdered sugar.
- Store cookies in air tight containers. The longer these ripen the more the flavors intensify. Serve room temperature.



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