

True Oldies



Exclusive Radio Recipes

By Laura Kurella

Heart Beats

1/3 cup butter, softened
2/3 cup cane sugar
2 eggs
1 tablespoon canola oil
1 teaspoon pure vanilla extract
2 cups whole-wheat pastry flour
1/2 cup Dark Cocoa powder
Garnishes: Powdered sugar (optional)
Melted dark chocolate (optional)



Figure 1

. In a medium bowl, combine butter and sugar and cream – about 5 minutes. Beat in eggs, one at a time then, oil and vanilla. In a separate bowl, combine flour, cocoa powder and salt. Incorporate dry ingredients into butter mixture, stirring gently until thoroughly combined. Do not over work because it will toughen the cookie.

Chill dough until it stiffens up and can be rolled – about 2 hours—then roll dough into a 1/4-inch thick sheet. Use a cookie cutter to create desired shapes. Place cut-outs about 1-inch apart onto the preheated griddle (Figure 1) or waffle iron (Figure 2). Cook cookies approximately 1 to 1 1/2 minutes in iron or 1-2 minutes per side on griddle set to 350 degrees.

NOTE: Waffle irons vary, so watch closely and don't let the cookies get too dark!

If dough is too sticky, add more flour to it to make it easier to handle.

Cool then dust with powdered sugar or stuff with your favorite ice cream and drizzle with melted chocolate! (Figure 3)



Figure 2



Figure 3

Approximate servings per recipe: 36 cookies. Per cookie: Calories 51; Fat 2.5g (Sat. 1g); Carbohydrates 7g; Sodium 16 mg; Potassium 18 mg; Fiber 1g; Sugar 4g; Protein 1g.

HEART-Y VALENTINE BREAKFAST IDEA: Use 4-inch heart cutter to cut bread slices into heart shapes then follow your favorite French Toast recipe but, instead of grilling the toast, place your French Toast hearts in a waffle iron to create Braided French Toast Hearts for your Valentine!