

National Chocolate Shake Day

September 12th, 2013

SD Living CW6

Adult Chocolate Shakes

Yield: 1 serving

2 large scoops	chocolate ice cream (use chocolate frozen rice cream for lower in fat and lactose intolerant)
2 tsp	chocolate powdered drink (such as Nestles Nesquick)
1/2 cup	whole milk (Use low fat milk or rice milk)
1-1/2 ozs	Kahlua (I used Especial 70 proof)

1. Place in a blender everything in order. Blend until creamy, about 30 seconds.
 2. Pour into a chilled tall glass.
 3. Top with whipped cream and chocolate beans or dusting of chocolate.
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Chocolate Chip Shortbread Cookies

Yield: about 6-dozen

350°F

2 baking sheets lined with parchment paper.

A shortbread cookie should crumble when you bite into it. All over yourself! This cookie I created this weekend and thought I should share it with you.

1 pound	unsalted European butter (Plugra, Irish etc)
1/2 cup	granulated sugar
2 tsp	pure vanilla extract
4-1/2 cups	all-purpose flour
1/2 tsp	sea salt
12 ozs	chocolate chips (bittersweet or semisweet)
1 cup	course sugar

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1. In mixing bowl fitted with paddle attachment blend butter, sugar and vanilla. Mix until creamy, about 3 minutes.
2. On low speed, add flour and salt, mixing just to combine.
3. Fold in chocolate chips.
4. Place into two "logs" and wrap up, placing in refrigerator for 20 minutes to harden.
5. Roll logs into coarse sugar to coat the outsides. Let the logs come to room temperature so you can slice them, about 20 minutes.
6. Slice about 1/4" thick. Place on prepared baking sheets into preheated oven. Bake until very light brown about 15 minutes.
7. Let cool completely on pan prior to removing.

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