

Make Your Valentine Candy, Then Relax...It's Good Stuff

For Valentine's Day, why not give your loved ones a truly delicious and wholesome candy; one with ingredients that you love and can feel good about? Here's what I make for my family on Valentine's Day.

Homemade Chocolate Peanut Butter Cups

Chocolate Layer

- 1 Cup Green Pasture's coconut oil (One of the best brands)
- $\frac{1}{4}$ cup organic raw cocoa powder (Found at health food stores)
- Big pinch of Celtic salt
- 1 tsp of vanilla (I make my own, but any organic one will do)
- $\frac{1}{4}$ cup raw honey
- 1 cup organic almond flour

In a food processor, mix all ingredients except peanut butter. Scrape out $\frac{1}{2}$ of it and make a smooth layer of the mixture on a cookie sheet lined in parchment or waxed paper and place in the refrigerator for 30 minutes. Put the other half aside and keep at room temperature. While the first mixture is cooling begin the peanut butter layer.

Peanut Butter Layer

- $\frac{1}{2}$ cup organic peanut butter
- $\frac{1}{4}$ cup truly raw honey (the kind that is cloudy and

crystallizes when it's cold)

- parchment or waxed paper

Add peanut butter and honey in a clean food processor. Smear the peanut butter topping in a uniform layer on top of the refrigerated chocolate.

Refrigerate. Once cooled, smear the last chocolate mixture on the top of the peanut butter layer. Place back in the refrigerator. When cooled, break up into individual bit-sized pieces and place in paper crinkle cups or fashion on a doily. They may remain at room temperature but a distance from the fireplace. (Yes, there's a story behind this caution.) Usually, I keep them in a glass covered container in the fridge.

Minty Valentine Candy

Using the above recipe, omit the peanut butter layer and instead, add 10 drops of essential oil of mint. Oh heavenly day!

Orange Valentine Candy

Using the above recipe, omit the peanut butter layer and instead, add 10 drops of essential oil of orange. A little twist of orange peel on top is a lovely addition and denotes which candy is the orange one, if you decide to make a variety.