



Peppermint Chocolate Shortbread Cookies + Rainbow Sprinkles + Mint Chocolate Winter Blasts

By Erin Fletter

Prep Time 30 / **Cook Time** 45 / **Serves** 4 - 6

Shopping List

☐ FRESH OR FROZEN

☐ 9 to 14 fresh mint leaves

☐ 2 to 3 frozen bananas

☐ Food coloring options:

☐ red or pink: raspberries, pure pomegranate juice, or roasted beets

☐ orange: pumpkin purée

☐ yellow: raw carrot or mango

☐ green: frozen spinach

☐ blue: red cabbage + about 1/4 tsp baking soda to turn it blue

☐ indigo: mix of blueberries, raspberries, and blackberries

☐ purple: red cabbage

☐ DAIRY

☐ 2 sticks or 1 C butter, softened ****(see allergy subs below)****

☐ 3 C + 1/2 T milk ****(see allergy subs below)****

☐ PANTRY

☐ 1 C powdered sugar

☐ 2 C all-purpose flour ****(see allergy subs below)****

- ☐ 2 tsp pure vanilla extract ****(see allergy subs below)****
- ☐ 2 T granulated sugar
- ☐ 1/2 C chocolate chips ****(see allergy subs below)****
- ☐ 1 to 3 T shredded coconut (1 T for each sprinkle color used)
- ☐ HAVE ON HAND
- ☐ 1 C ice

Fun-Da-Mentals Kitchen Skills

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

chop: to cut something into small, rough pieces using a blade.

drizzle: to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

reduce: to boil or simmer a cooking liquid, like a sauce or juice, until it evaporates, thickens, and becomes concentrated, intensifying the flavors.

sprinkle: to scatter small drops or particles of an ingredient evenly or randomly over food.

strain: to separate liquids from solid foods or remove bigger food particles from smaller particles using a perforated or porous device like a strainer, sieve, colander, or cheesecloth.

bake: to cook food with dry heat, as in an oven.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

cream: to mix foods together until they become a smooth, uniform blend, like butter and sugar.

mix: to thoroughly combine two or more ingredients until uniform in texture.

sprinkle: to scatter small drops or particles of an ingredient evenly or randomly over food.

tear: to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

tear: to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

Equipment

- ☐ Blender or food processor
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Fine strainer or cheesecloth
- ☐ Medium saucepan
- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Wooden spoon
- ☐ Small bowls
- ☐ Oven
- ☐ Baking pan, 9 x 13
- ☐ Large mixing bowl
- ☐ Dry measuring cups
- ☐ Wooden spoon or electric hand mixer
- ☐ Metal fork
- ☐ Knife, to cut shortbread into squares
- ☐ Blender (or pitcher + immersion blender)
- ☐ Liquid measuring cup

Ingredients

Rainbow Glazed Coconut Sprinkles

- ☐ 1 to 3 T shredded coconut (1 T for each color used)
- ☐ 4 T powdered sugar
- ☐ 1/2 T milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- ☐ Food coloring:

- ☐ red or pink: use raspberries, pure pomegranate juice, or roasted beets
- ☐ orange: use pumpkin purée
- ☐ yellow: use raw carrot or mango
- ☐ green: use frozen spinach
- ☐ blue: use red cabbage + about 1/4 tsp baking soda to turn it blue—lightly sprinkle and stir until you get the desired shade
- ☐ indigo: use a mix of blueberries, raspberries, and blackberries until the shade is perfect
- ☐ purple: use red cabbage

Perky Peppermint Chocolate Shortbread Cookies

- ☐ 5 to 8 fresh mint leaves
- ☐ 2 sticks or 1 C butter, softened ******(for DAIRY ALLERGY sub dairy-free/nut-free butter)
- ☐ 1/2 C powdered sugar
- ☐ 1 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******
- ☐ 2 C all-purpose flour ******(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)******
- ☐ 1/4 C chocolate chips ******(for CHOCOLATE ALLERGY sub carob chips; for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand chocolate chips)******
- ☐ 2 T granulated sugar

Mint Chocolate Chip Winter Blasts

- ☐ 3 C milk ******(for DAIRY ALLERGY sub dairy-free/nut-free milk)******
- ☐ 1 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******
- ☐ 3 T powdered sugar
- ☐ 1/4 C chocolate chips ******(for CHOCOLATE ALLERGY sub carob chips; for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand chocolate chips)******
- ☐ 2 to 3 frozen bananas
- ☐ 4 to 6 fresh mint leaves
- ☐ 1 C ice
- ☐ Rainbow Glazed Coconut Sprinkles, optional

Food Allergen Substitutions

Rainbow Glazed Coconut Sprinkles

Dairy: Substitute dairy-free/nut-free milk.

Perky Peppermint Chocolate Shortbread Cookies

Dairy: Substitute dairy-free/nut-free butter.

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Chocolate: Substitute carob chips for chocolate chips.

Dairy/Gluten/Nut/Soy: Use Enjoy Life brand chocolate chips.

Mint Chocolate Chip Winter Blasts

Dairy: Substitute dairy-free/nut-free milk. Use Enjoy Life brand chocolate chips.

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Chocolate: Substitute carob chips for chocolate chips.

Nut/Soy: Use Enjoy Life brand chocolate chips.

Instructions

Rainbow Glazed Coconut Sprinkles

food coloring

Create your colored liquid for your sprinkles first using one of the three following methods.

fruit method

Using either **berries** (red or indigo) or **mango** (yellow), start with a cup of fresh or frozen fruit. Use a blender to liquify and then pour the thick liquid over a fine strainer to remove any seeds. You should have about 1/2 cup of juice.

root veggie method

Using either **roasted beets** (red), **raw carrots** (yellow), or **spinach** (green), add small amounts of water, bit by bit, until you have enough to totally blend and liquify the vegetables. Then use a fine metal strainer

or cheesecloth to remove the pulp. You should have about 1/2 cup of juice.

cabbage method

Chop up a small head of **red cabbage** (purple or blue), add it to a medium-size saucepan on your stovetop, and cover with water. Bring to a boil and simmer for up to 25 minutes, until the water turns deep purple. Remove the cabbage and set it aside. Strain the liquid and add **1/4 teaspoon baking soda** to it to turn it from purple to blue!

reduce

Once you have your colored liquids, you'll need to reduce them to make a more powerful coloring agent. Pour each juice, one at a time, into a small saucepan and cook over medium heat until it reduces to a thick, very colorful paste.

add + mix

Add **1 tablespoon of dried shredded coconut** to small bowls, one for each color, and add your homemade natural food coloring a few drops at a time. Mix thoroughly until the coconut is completely and evenly coated with the color.

spread + dry

Heat a skillet on your stovetop over very low heat and spread the colored coconut shreds on the skillet to dry the color onto the coconut. Try not to mix the colors when still wet. Cook for about 5 to 8 minutes, watching closely so the coconut doesn't burn! Remove from heat and if you like, mix colors together for a rainbow effect.

whisk + drizzle + sprinkle

Make a sugar glaze. Measure **1/4 cup powdered sugar** and **1/2 tablespoon milk** into a small bowl and whisk until smooth. Finally, drizzle or spread a small amount of glaze over cooled cupcakes, like **Vanilla Yogurt Cupcakes**, or cookies, like Perky Peppermint Chocolate Shortbread Cookies. Then, sprinkle the rainbow sprinkles on top of each. The sprinkles will stick to the glaze like glue!

Perky Peppermint Chocolate Shortbread Cookies

intro

Shortbread is a buttery and crumbly cookie from Scotland. A basic shortbread dough has three ingredients: flour, butter, and sugar. We've perked ours up with mint and chocolate chips!

preheat + tear + cream

Preheat your oven to 350 F. Have your kids tear **5 to 8 fresh mint leaves** into little tiny bits and set aside. In a large bowl, cream together **2 sticks or 1 cup softened butter**, **1/2 cup powdered sugar**, and **1 teaspoon vanilla extract** until incorporated.

measure + mix

Measure and mix **2 cups of flour** into the butter mixture, along with the torn mint leaves and **1/4 cup of chocolate chips**. Continue to mix until it forms a soft dough. It will be crumbly at first, like sand and clay, but keep mixing, and it will eventually form a dough.

press + prick + sprinkle

Press the dough into an ungreased 9 x 13 inch pan and prick all over with a fork. Sprinkle the top with about **2 tablespoons of sugar** by tilting the pan to cover the top evenly and then shaking any excess sugar back into your sugar canister.

bake + top + cut

Bake for about 40 to 45 minutes, until very lightly browned and just golden around the edges. Let stand for 5 minutes and, if desired, top with glaze and sprinkles from **Rainbow Glazed Coconut Sprinkles**. Then, cut into 24 squares while still warm. "Blasta" (Blast-uh) or "Delicious" in Scots Gaelic!

Mint Chocolate Chip Winter Blasts

measure + add + tear

Measure and add **3 cups milk**, **1 teaspoon vanilla extract**, **3 tablespoons powdered sugar**, **1/4 cup chocolate chips**, and **2 to 3 frozen bananas** to your blender (or a pitcher for use with an immersion blender). Have your kids tear **4 to 6 mint leaves** and add them to the blender.

blend + pour + sprinkle

Blend and once smooth, add **1 cup of ice** before blending some more! Pour, serve, and top with optional **Rainbow Glazed Coconut Sprinkles**!

Featured Ingredient: Mint!

Hi! I'm Mint!

"I'm a green herb with a sweet, cool taste and pleasant aroma. You may have tasted me in gum and toothpaste, but my favorite is mint chocolate chip ice cream!"

History & Etymology

With its fresh scent hard to miss, mint was undoubtedly one of the earliest herbs discovered. It has been found in Egyptian tombs dating back to 1,000 BCE and has been part of Chinese medicine even longer. Ancient Romans and Greeks used mint to flavor cordials and fruit compotes, as well as for baths and perfumes.

Mexicans call mint "yerba buena" or "good herb."

The United States produces over 70 percent of the world's peppermint and spearmint.

The word "mint" comes from the Old English "minte," from German "minze," from the Greek "minthē."

Anatomy

The mint plant is from the *Mentha* genus. It is an aromatic perennial herb. The plants can grow 4 to 48 inches tall and have runners below and above ground that can spread.

There are 18 to 24 species of mint currently recognized. Other mints are natural hybrids and cultivated hybrids. Some herbs with "mint" names, like cat mint (catnip), are not part of the *Mentha* genus.

Spearmint (*Mentha spicata*) is also known as common garden mint. Peppermint (*Mentha × piperita*) is a natural hybrid cross between spearmint and watermint (*Mentha aquatica*).

How to Pick, Buy, & Use

Mint is easy to grow at home or can be purchased at the grocery store. You can keep a bunch of fresh mint in a glass of water for up to two days.

Mint is harvested for its leaves, fresh or dried, for many culinary uses to add a cool, refreshing flavor. Foods that mint is added to include beverages, candies, ice cream, jellies, meat dishes, sauces, syrups, and teas.

Mint essential oil and menthol are added as flavoring to breath fresheners, candy, chocolate, drinks, gums, and toothpaste. It can also be used for aromatherapy.

Mint pairs well with these foods: asparagus, beans, carrots, cucumbers, eggplant, peas, potatoes, tomatoes, and yogurt. You can combine mint with these herbs and spices: basil, clove, cumin, dill, ginger, oregano, parsley, and thyme.

Nutrition

Although mint has some health benefits, it is best to eat it in moderation.

Mint has small amounts of vitamins A and C, along with the minerals calcium and iron.

Mint may aid in digestion, but if you have gastroesophageal reflux disease (GERD), it may aggravate symptoms.