

## Make your green heart edible!

### *Krispie Hearts with homemade edible glitter* *Makes approx. 16 hearts*

#### **Ingredients**

100g butter  
250g marshmallows  
1tsp vanilla extract  
170g rice krispies  
White chocolate for dipping  
50g granulated sugar  
A few drops of liquid green food colouring

#### **Directions**

1. Heat the oven to 160°C (140°C fan) for making the edible glitter.
2. To make the edible glitter, add a few drops of food colouring to the granulated sugar and mix well. Spread the sugar out over a baking sheet and bake for 10 mins or until the sugar is dry and starts to shimmer. Leave to cool.
3. Melt the butter, marshmallows and vanilla over a very low heat.
4. Stir in the rice krispies until coated.
5. Grease a 30x24cm baking tin.
6. Press the mixture into the tin using a spatula or the back of a spoon. Leave to set.
7. Turn out the slab of krispie mix and cut out heart shapes.
8. Melt the chocolate in a bowl over a pan of gently simmering water. Lay a piece of baking or greaseproof paper on a work surface.
9. Dunk one side of the heart into the chocolate, and then sprinkle with the green glitter. Leave to set on the baking paper.



***Flood icing for heart shaped biscuits***  
***This makes enough to ice approximately 40 biscuits***

***Ingredients***

Heart shaped biscuits made to your favourite recipe  
675g icing sugar  
3 eggs whites (make sure your eggs have the British Lion Quality mark)  
Green food colouring (approx 30ml depending on the shade you like)

***Directions***

1. Place the egg whites and food colouring in a bowl.
2. Sieve the icing sugar into the eggs.
3. Whisk until icing is combined and has the consistency of toothpaste (this takes about 3 minutes with a stand mixer whisk or electric hand whisk).
4. Fill a piping bag with this outline mixture and begin outlining your biscuit shapes around 3mm from the edge. To do this, maintain steady pressure on the piping bag, and don't hold the tip too close to the biscuit. Make sure the outline is completely joined otherwise the flood icing will leak out.
5. Once your biscuit outlines are iced, leave them for at least 5 minutes to set. Empty any leftover icing into the bowl.
6. Add water to slacken the consistency of the remaining icing. Aim for the consistency of shampoo.
7. Put this flood icing into the piping bag and squeeze a little to bring the runny icing through to the tip.
8. Begin at one edge of the heart, hold the bag still and squeeze generously. Move the tip slightly while maintaining the squeeze pressure. To direct the icing to where you want it to go, submerge the tip slightly and wiggle.
9. Leave your biscuits to dry, ideally overnight. Use the fan setting on your oven at its lowest temperature to achieve a glossier finish. Alternatively you could use a desk fan.

*This project was created by Victoria Murphy, NFWI Food and Cookery Adviser*

