

# Valentine's Day Conversation Heart Cookies

## Ingredients:

1 cup	Unsalted butter
2 cups	Sugar
2	Large Eggs
4 <sup>2</sup> / <sub>3</sub> cup	All-purpose flour
1 tsp	Baking soda
<sup>1</sup> / <sub>4</sub> tsp	Salt
<sup>1</sup> / <sub>4</sub> cup	Buttermilk
1 <sup>1</sup> / <sub>2</sub> cup	Icing Sugar
2-3 tbsp	Milk
	Food Colouring



## Directions:

- Combine the butter and sugar in a bowl, and cream them together with an electric mixer until the mixture is fluffy (about 4 minutes). Add the eggs in one at a time and beat well after adding each.
- Sift the flour, baking soda, and salt into a large bowl. Gradually add the flour mixture to the liquid mixture, alternating with buttermilk. Mix until fully combined.
- Shape the dough into balls using plastic wrap and chill in the refrigerator for 1 hour or overnight.
- Preheat oven to 350°F. Sprinkle flour onto your work surface and roll the dough out until it is 1/8-inch thick. Use a large heart-shaped cookie cutter to cut out hearts from the dough. Use a smaller heart-shaped cookie cutter to remove the centers of some of the hearts (You can bake these small cookies as well, or remove them and re-roll them into the dough). Use a spatula to transfer the cookies to baking sheets lined with parchment paper.
- Bake the cookies for about 10 minutes until they are slightly golden. Transfer the cookies to a wire rack to cool.
- Mix 1 cup of icing sugar with 2-3 teaspoons of milk until it is runny. Divide among bowls and tint with food colouring. Use a pastry brush to spread the glaze over all the cookies and set cookies aside to dry.
- Mix <sup>1</sup>/<sub>2</sub> cup of icing sugar with 1-2 teaspoons of milk until it becomes a thick frosting. Tint it bright red using food colouring and transfer to a sandwich bag. Cut the tip off the bag, and use it to write messages on your cookies such as "Be Mine," "Kiss Me," or "Call Me." Set aside until the icing is fully dry before storing the cookies.

**Tip:** Make your own buttermilk substitute by adding 1 tablespoon of vinegar to <sup>1</sup>/<sub>4</sub> cup of regular milk. Let the mixture sit for about 5 minutes before using.