

Chocolate Mint Cookie Bars

*Pam Brandon and Anne-Marie Hodges - Divas of Dish
Palm Beach Post*

Yield: 2 dozen cookie bars

*2 1/2 cups semi-sweet chocolate morsels, divided
1 cup butter, softened and divided
2 cups (about 40) chocolate wafer cookies, finely crushed
1/4 cup milk, plus more if needed
1 1/4 teaspoons peppermint extract, divided
1/2 teaspoon vanilla extract
2 1/4 cups powdered sugar
1/2 cup crushed peppermint candies*

Grease a 9-inch-square baking pan.

Melt 1/3 cup of chocolate and 1/2 cup of butter in a small bowl in the microwave. Stir after 15 seconds, being careful not to scorch. Microwave just until the morsels are melted.

Stir in the crushed cookies and press onto the bottom of the pan. Refrigerate for 10 minutes.

Beat the milk, 1/2 teaspoon of the peppermint extract and vanilla extract with a mixer until smooth. Gradually add the powdered sugar until creamy, adding more milk if necessary. Spread evenly over the cookie layer.

Microwave the remaining chocolate, remaining butter and peppermint extract in a small bowl for about 15 seconds. Stir and microwave just until the morsels are melted. Let stand for 10 minutes. Spread evenly over the powdered sugar mixture and sprinkle with crushed peppermint candies.

Refrigerate for at least two hours.

If you don't want to mess with a double boiler to melt chocolate, the microwave works just fine -- but it's very easy to burn the chocolate, so beware. If your microwave has controls, start with the lowest setting. Microwave in a glass bowl in 15-second intervals, stirring well (chocolate heats from the inside). Stop heating when most, but not all, of the chips are melted -- there should be a few morsels left, as residual heat will melt any remaining un-melted pieces.

Per Serving (excluding unknown items): 3224 Calories; 188g Fat (51.6% calories from fat); 5g Protein; 392g Carbohydrate; trace Dietary Fiber; 505mg Cholesterol; 2021mg Sodium. Exchanges: 0 Non-Fat Milk; 37 1/2 Fat; 26 Other Carbohydrates.

Desserts

Calories (kcal): 3224
% Calories from Fat: 51.6%
% Calories from Carbohydrates: 47.8%
% Calories from Protein: 0.6%
Total Fat (g): 188g
Saturated Fat (g): 116g
Monounsaturated Fat (g): 54g
Polyunsaturated Fat (g): 7g
Cholesterol (mg): 505mg
Carbohydrate (g): 392g
Dietary Fiber (g): trace
Protein (g): 5g
Sodium (mg): 2021mg
Potassium (mg): 182mg
Calcium (mg): 134mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 7014IU
Vitamin A (r.e.): 1740 1/2RE

Vitamin B6 (mg): trace
Vitamin B12 (mcg): .5mcg
Thiamin B1 (mg): trace
Riboflavin B2 (mg): .2mg
Folacin (mcg): 15mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 13
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 37 1/2
Other Carbohydrates: 26

Nutrition Facts

Amount Per Serving

Calories 3224 **Calories from Fat:** 1665

% Daily Values*

Total Fat	188g	289%
Saturated Fat	116g	582%
Cholesterol	505mg	168%
Sodium	2021mg	84%
Total Carbohydrates	392g	131%
Dietary Fiber	trace	2%
Protein	5g	
Vitamin A		140%
Vitamin C		1%
Calcium		13%
Iron		6%

* Percent Daily Values are based on a 2000 calorie diet.