



**WARNING!**  
Ask an adult's permission before using the stove.

**DID YOU KNOW?**  
Chocolate is made from the fruit of cacao trees, which are native to Central and South America.

## Make hot chocolate cubes for chilly days

### Ingredients

- 1 cup mini marshmallows
- 4 ounces (½ cup) heavy cream
- 1 (14-ounce) can condensed milk
- 1 teaspoon vanilla
- 1 (24-ounce) bag bittersweet chocolate chips

### Instructions

1. Arrange 2 silicone jumbo ice cube molds (ours were 2-inch molds) on a sheet pan. Put the marshmallows in a small bowl. Next, make a double boiler: Fill a saucepan with 1 inch of water. Place a large, heat-safe bowl on top of the saucepan, making sure the bottom of the bowl is at least 1 inch from the water.
2. Combine the heavy cream, condensed milk, and vanilla in the bowl and whisk until smooth. Add the chocolate chips. Keep the bowl fixed in its place and heat the water in the bottom pan to a simmer. With an adult's help and using an

oven mitt to steady the bowl (it will get hot!), continually stir the chocolate mixture until smooth, scraping the sides as needed. Remove from the heat, then use a spoon to quickly fill 10 of the cube wells three quarters full. Tap the molds on the counter to level the chocolate, then press marshmallows into the top of each.

3. Refrigerate cubes until hardened, about 3 hours. Whenever you want a cup of cocoa, remove a cube from the mold, place it in a mug, and top with 6 to 8 ounces of hot milk. Stir until the chocolate is dissolved. Makes about 10 cubes.



### ECO TIP OF THE WEEK

### DIM THE LIGHTS TO KEEP BIRDS SAFE

Spring migration season for birds is right around the corner. Birds can fly for thousands of miles, and you can do your part to help them travel safely. Many migratory birds, like the indigo bunting, common yellowthroat, and Swainson's thrush, get confused by artificial light and glass, which causes them to collide with windows. One way you can help minimize that hazard at home is to talk to your family about dimming or turning off any unnecessary outdoor lighting. You can also set lighting on timers so any outdoor lights aren't on all night. Besides benefiting birds, your family will also be saving energy—and money on electricity!

An indigo bunting

