



February 2014

Dear Karen,

Welcome, and thank you for being a subscriber! We have some really fun Valentines Day activities for you in this months newsletter, and some great chocolate recipes for you to try!

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<http://www.facebook.com/integri.kitchens>

DIY Valentines Decorating

Here's a list of some fun DIY Valentines Decorations you can make by yourself, or even have some kids help you with!

1. Heart Garland

With a large heart hole punch from a craft store, or by folding a piece of paper in half, and cutting out half a heart, you can create a perfect heart that can be taped on to a piece of yarn or string to make some nice garland to hang up in your window or through the house! Try making it with different colours instead of your traditional pink and red.

2. Love Pillow

By using an old pillow, or a new one if you'd like, try cutting out the letters "L O V E" and stitch them onto the pillow (preferably without the stuffing inside). You could even do some initials, some hearts, really, the sky is the limit with this one. You can be really creative with the colour and fabric options!

3. Candy Candles

For a super simple decoration, purchase some valentines coloured sprinkles from a bulk food store, and fill a clear glass candle holder with them about half way. Place a candle on top, and you have a great votive candle holder!

4. Simple Roses

Nothing says "love" like some red roses! This is probably the most simple decoration to do, if you already have a vase, buy some beautiful red roses and you're set!

5. Candy & Flowers

To spice up those flowers up a little bit, try getting some valentines candy (like love hearts, cinnamon hearts) and fill up a vase half way with them. Buy some silk flowers that would partner well with the candy to place in the

In This Issue

DIY Valentines Decorating
Chocolate Truffle Cookies
Chocolate Shooters

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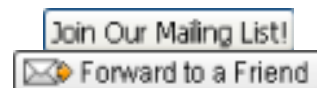
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vase, and you have a great little centerpiece!

6. X O Door Hanger

Two straight piece branch clusters crossed over each other (making an "x"), and a matching wreath (making an "o") could look great on your front door! And the possibilities to decorate it with are endless: berries, flowers, paper hearts. Just use your imagination!

7. Candy In Clear Jars

So simple, but it looks so chic. You can get clear, nice looking jars almost anywhere. Just fill it with your favorite different candies in each jar! And the best part? You can nibble on a couple from then and now...

8. Sentimental Photos

For something sentimental that can be kept up year round, but still displays timeless love, try putting up your favorite photos of your parents or grandparents up in a group on your wall. Sometimes, it's nice to be able to look up and to know where your roots lie.

9. Dainty Desserts

Try displaying some nice cupcakes or french macaroons on a nice serving platter in your home. I promise, they wont go to waste, and they always look so nice! And you can make the colour themes match valentines day colours!

10. Valentines Lights

For a really simple decoration, try getting some white Christmas lights, and attach some simple white doilies (heart doilies if you can!) for a beautiful and delicate decoration that will look great in any part of your home!

Chocolate Truffle Cookies

What says Valentines Day more than chocolate? And instead of buying some store bought candy, try making your special someone some delicious and decadent chocolate truffle cookies! These cookies have less flour in them, and are more of a fudge-like cookie (yum!). Give it a go, and give someone a beautiful home-made gift!

Ingredients

4 (1 ounce) squares unsweetened chocolate, chopped
 1 cup semi-sweet chocolate chips
 6 tablespoons butter
 3 eggs
 1 cup white sugar
 1 1/2 teaspoons vanilla extract
 1/2 cup all-purpose flour
 2 tablespoons unsweetened cocoa powder
 1/4 teaspoon baking powder
 1/4 teaspoon salt
 1 cup semisweet chocolate chips



Directions

In the microwave or in a metal bowl over a pan of simmering water, melt unsweetened chocolate, 1 cup of the chocolate chips, and the butter stirring occasionally until smooth. Remove from heat and set aside to cool. In a large bowl, whip eggs and sugar until thick and pale, about 2 minutes. Stir in the vanilla and the chocolate mixture until well mixed. Combine the flour, cocoa, baking powder and salt; gradually stir into the chocolate mixture. Fold in remaining 1 cup chocolate chips. Cover dough and chill for at least an hour or overnight.

Preheat oven to 350 degrees F (175 degrees C). Roll chilled dough into 1 inch balls. Place on un-greased cookie sheets so they are 2 inches apart.

Bake for 9 to 11 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Originally from *All Recipes*

Chocolate Shooter

This is a very simple chocolate shooter that only has three ingredients that are easily attainable, and taste awesome together!

Ingredients

1/2 oz creme de cacao
1/4 oz milk
1/4 oz Baileys Irish Creme

Directions

1. Stir together in a shot glass and serve!



That's all for this edition of the newsletter! Please stay tuned for the next one!

Sincerely,

The Integri Kitchens Team

Karen, Rick, & Sherry

"Our Way To Your Heart Is Through Your Kitchen"

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