



**A Valentine's Treat:
4 Ingredient Chocolate Fudge with Coconut**

Recipe available at twohealthykitchens.com

Makes 36-48 pieces, depending on size

Ingredients

- 3 cups semi-sweet chocolate chips
- 2/3 cup fat free evaporated milk
- 1 teaspoon coconut oil
- 1/2 cup coconut flakes

Directions

Place chocolate chips, evaporated milk and coconut oil in a medium-sized, microwave-safe bowl. Microwave on high for approximately 1½ minutes (the exact timing can vary slightly depending on the power and wattage of your microwave). Stir until completely smooth and well-incorporated. (Do not microwave again, just use the heat from the chocolate to continue to melt the other chips.) Once the chocolate mixture is smooth, stir in coconut flakes. Pour

mixture into an ungreased 8x8 pan. Tap or gently shake pan to level the mixture. It will not be completely smooth on the top due to the coconut flakes. Refrigerate until solid.

Storage: We recommend storing this fudge, tightly sealed or wrapped, in the refrigerator, which will keep it fresh for several days. It's decadent right out of the fridge, but will soften to a more melt-in-your-mouth, fudgy texture if you allow it to come back to room temperature before serving.



Looking for other ways to celebrate American Heart Month?

Check out the enclosed calendar from the National Heart, Lung and Blood Institute or visit them online at nhlbi.nih.gov/heartmonth.



Our office will be closed on **Monday, February 17**
in observance of Presidents' Day



80 Congress Ave
Bath, ME 04530
(207) 443-3116
February 2020

Family Scuttlebutt

Are You Interested in Free Tax Preparation and Keeping 100% of Your Refund?

Midcoast CA\$H provides IRS-certified volunteers to prepare taxes at **no cost**. They can also provide you with information about classes, savings programs and other resources. Anyone with a household income of less than \$56,000 in 2019 likely qualifies. Appointments, including weekend times, are offered at multiple convenient locations in Bath.

Call now to see if you qualify or to reserve an appointment: 295-6340



Out and About.....



Maine Maritime Museum, Free admission extended through February as the result of support from the Leonard C. and Mildred F. Ferguson Foundation. 243 Washington Street, 443-1316. Admission is usually \$10.50 for kids 6-12 and \$17.50 for adults—and is currently **Free!**

KELT Winter Trail Access, Kennebec Estuary Land Trust (KELT) has 3 local trails with lots that are plowed throughout the winter:

Thorne Head Preserve and Lilly Pond Community Forest in Bath and Green Point Preserve in West Bath. For more information on how to find the trails, as well as important safety reminders about trail time in winter, visit <https://www.kennebecestuary.org/news/trails-in-winter> or contact KELT by phone at 442-8400. There is no cost to use the KELT trails.

Black History Month Films, Tuesdays 6:30-8pm, Patten Free Library, call 443-5141 or visit library website for movie list. Free.

Maine Ships in the Arctic, Join historian and teacher Charles Lagerbom in a look at the history of numerous vessels that were launched in Maine and ventured to Arctic waters – with some not to return. Saturday, February 22, 2-3pm, Maine Maritime Museum, Free with admission.

Afterschool Robotics Discovery Group, Patten Free Library, Tuesdays, 4-6pm, using Wonder League robots Dash and Dot. Recommended for ages 6-12 working alone or with a partner. Call Katy at 443-5141 x16 or stop by the library to sign up. Free.

Thank you to the Bath Fire Department for providing the enclosed resource on apartment fire safety!