

Irish Potato Candy

Candy potatoes? You've got to try it to believe it! These yummy treats are actually American, rather than Irish, inventions, but they are especially popular around St. Patrick's Day. The sweet confections are filled with some favorite spices: sugar, cinnamon, coconut, and cocoa powder. Making them allows your child to practice with measurement and build his motor skills as he rolls the desserts into small, potato-shaped balls.



What You Need:

- 1/4 cup butter, softened
- 4 ounces cream cheese, softened
- 1 teaspoon pure vanilla extract
- 16 ounce box powdered sugar
- 1/2 cup shredded, unsweetened coconut
- 1 tablespoon cinnamon
- 2 tablespoons cocoa powder

What You Do:

1. On a plate, ask him to combine the cinnamon and cocoa powder and set it aside.
2. In a large mixing bowl, cream together the butter and cream cheese.
3. Have him add the vanilla and beat in the sugar a little at a time with an electric mixer. This should create a thick, smooth mixture.
4. Fold in the coconut. If your child especially loves coconut, feel free to double the amount in this recipe.
5. Cover and chill in the refrigerator for an hour.
6. Now for the fun part! Ask him to roll a small amount of the mixture in your hands and shape it into an oval shape, like a miniature potato. They should be bite-sized morsels. If the mixture gets too sticky, have him coat his hands with a little non-stick cooking spray. Place the baby potatoes on two wax paper or parchment paper-lined baking sheets.
7. Once he has formed all of the potato candies, chill them in the refrigerator for half an hour.
8. Combine the cinnamon and cocoa powder in a flat plate. Roll the potatoes in the cinnamon-cocoa mixture and then refrigerate them until they are firm, at least one hour. You can chill them overnight.

Watch as these crunchy sweets are gobbled up before your eyes!

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