**ZEST**
**BY LISSA ALEXANDER**

My heart block is inspired by the Grinch Christmas movie which I have watched a jillion times over the holidays. Who doesn’t need a heart in all sizes? Naming the block ZEST for great enthusiasm and energy and of course a big heart.

**CUTTING INSTRUCTIONS:**

(For fabric choices refer to the diagram)

<table>
<thead>
<tr>
<th></th>
<th>4” Block</th>
<th>6” Block</th>
<th>8” Block</th>
<th>12” Block</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A</strong></td>
<td>(2) 1¼” squares</td>
<td>(2) 1½” squares</td>
<td>(2) 1¾” squares</td>
<td>(2) 2½” squares</td>
</tr>
<tr>
<td><strong>B</strong></td>
<td>(2) 1½” squares</td>
<td>(2) 2” squares</td>
<td>(2) 2½” squares</td>
<td>(2) 3½” squares</td>
</tr>
<tr>
<td><strong>C</strong></td>
<td>(2) 2½” squares</td>
<td>(2) 3½” squares</td>
<td>(2) 4½” squares</td>
<td>(2) 6½” squares</td>
</tr>
<tr>
<td><strong>D</strong></td>
<td>(2) 2½” x 4½” rectangles</td>
<td>(2) 3½” x 6½” rectangles</td>
<td>(2) 4½” x 8½” rectangles</td>
<td>(2) 6½” x 12½” rectangles</td>
</tr>
</tbody>
</table>
ASSEMBLY INSTRUCTIONS:

1. Draw a diagonal line on the wrong side of all A, B and C squares.
3. Sew along the drawn diagonal line.
4. Trim outermost excess fabric to ¼” and press toward the corner.
5. Repeat to complete a mirror image for the right side of the block.
6. Sew both sides together using a ¼” seam to complete the block.

7. Trim block using the guide listed below:
   a. 4 ½” x 4 ½” unfinished (4” x 4” finished)
   b. 6 ½” x 6 ½” unfinished (6” x 6” finished)
   c. 8 ½” x 8 ½” unfinished (8” x 8” finished)
   d. 12 ½” x 12 ½” unfinished (12” x 12” finished)

DESIGNER INFO

Tips: I love using the mini simple folded corners ruler from Antler Quilt designs to make the corners.

Books: Be sure and check out my 2 books, Oh Scrap and Sisterhood of Scraps available now at your favorite book seller.

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