

Courage Shortbread

Ingredients

125g/4oz butter

55g/2oz caster sugar (and some to finish)

180g/6oz plain flour

Equipment

Mixing bowl

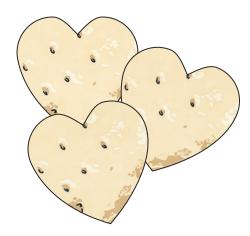
Kitchen scales

Wooden spoon

Heart-shaped cutter

Baking tray

Rolling pin



Method

- 1. With the help of an adult, preheat your oven to 190°C/375F/GM 5 and grease your baking tray.
- 2. Beat the butter and sugar together in a bowl until it is smooth.
- 3. Stir in the flour carefully.
- 4. Turn the mixture out onto a work surface.
- 5. Roll out the mixture until it is about 1cm thick.
- 6. Cut your dough into heart shapes. These represent courage!
- 7. Place the shapes on the baking tray and sprinkle with the rest of the sugar.
- 8. Chill in the fridge for 15 minutes.
- 9. Bake in the oven for 15-20 minutes until golden brown.
- Allow to cool and enjoy! You could even give some of your courage biscuits to a friend or a member of your family.



