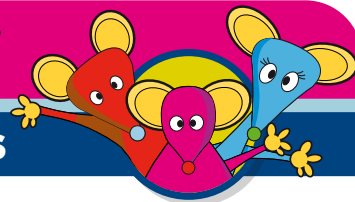


Inspiring young minds...

KIDS



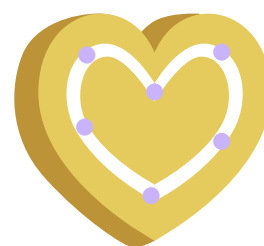
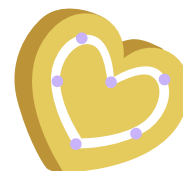
How to make Roly's Heart biscuits

Ingredients

- 250g plain flour
- 125g margarine or butter
- 75g castor sugar
- 1 tablespoon baking powder
- 1 egg
- 1 teaspoon vanilla essence

You will need

- Wooden spoon
- Bowl
- Rolling pin
- Biscuit cutter (optional)
- Biscuit decorations (optional)



Here's what to do:

1. Add your flour, margarine (or butter), vanilla essence, sugar and baking powder to the bowl. Use a wooden spoon to mix it all together until it looks like breadcrumbs. Next add the egg and mix again until it forms a dough.
2. Sprinkle some flour onto the work surface and roll out the dough with a rolling pin. When you have got it to the thickness you require use your cutters, or cut out your own shape using a knife, to make your biscuits.
3. Place the biscuits on a greased baking tray. Bake for 15 minutes at 180 C, 350 F, gas mark 4. When done allow to cool and either decorate with icing, silver balls and sprinkles or leave the plain.

TIP: Putting your home-made biscuits in a nice box or bag will make an excellent gift for family or friends.

Note: These are activities for you and your child to enjoy together. The safety of your child is obviously very important. Please use caution when using scissors and other materials in your child's presence.