



# 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.
10. Allow to cool and enjoy! You could even give some of your courage biscuits to a friend or a member of your family.

