

When I remember my mum or I talk about her, when someone tells me stories about her or shows me a photo, her mark inside of me shines strongly and does my heart good.

Sammy's Favourite Biscuits

Sammy loves butter cookies. He makes them in the shape of a heart, lets them bake, and decorates them while thinking of his mother. In the middle of the heart, he writes her name or initial. When he finishes, he stores them in a jar or tin. At snack time, Sammy enjoys his cookies and plays a game with his family, his friends, or even by himself. Every time someone takes a biscuit, they say something that reminds them of Sammy's mum. Sammy's tummy is happy, and his heart is a little bit too!

Ingredients

- 300 grams of flour
- 200 grams of butter (soft, at room temperature)
- 100 grams of caster sugar
- 1 egg

What else will you need

- A heart-shaped cookie cutter.
- Materials to decorate the cookies (for example: sprinkles, edible colouring markers, edible glitter or pearls, chocolate chips, ready-to-decorate icing in various colours, or whatever you would like!



Instructions

- Mix the ingredients in a bowl (first the flour, caster sugar and butter, then the egg) and mix them well using your hands or a mixer. After mixing, cover the bowl with cling film and let it rest for an hour in the refrigerator.
- Preheat the oven to 180 ° C (350 ° F).
- Remove the bowl from the refrigerator. Spread some flour on a clean surface and take the dough from the bowl, place it on the surface and stretch it with a rolling pin until thin.
- Cut the dough with the heart cookie cutter and put the cookies onto a baking tray (lightly greased or lined with greaseproof or baking paper).
- Place the baking tray in the preheated oven to bake for 10 minutes, or until light golden brown. It takes a short time, so be careful not to burn them!
- Remove the baking tray from the oven and use a palette knife to transfer the cookies carefully to a wire rack to cool. They will get harder as they cool.
- Decorate them! When you are finished, place the cookies in a jar and play Sammy's game with whomever you want. The cookies last for several days in a jar or tin so you can keep enjoying them and playing the game another day.

Variations: Sammy also likes to try other variations of this recipe, by adding two tablespoons of powdered chocolate, or a teaspoon of vanilla essence, or almond essence, or lemon zest. Replace the flour with a suitable one for Gluten-free biscuits.

