

LITTLE Heart DAY ♥



Heart Biscuits

INGREDIENTS

Biscuits

- 2 cups plain flour
- 1 tsp baking powder
- 125g butter
- ½ cup sugar
- ¼ tsp grated lemon rind
- 1 egg

Icing

- 2 cups icing sugar
- ¼ tsp butter, softened
- 2 tbsp boiling water
- ¼ tsp vanilla essence
- Red food colouring

METHOD

Sift flour and baking powder into a bowl. Rub in butter with your fingertips until it resembles fine bread-crumbs.

Add sugar, and lemon rind.

Lightly beat egg in a separate bowl. Add to dry ingredients, mixing to form a stiff dough. Turn dough out onto a lightly floured board. Roll out to 4mm thickness. Cut out heart shapes using different sized heart cutters then place biscuits on a greased or lined baking tray.

Bake at 180°C for 20 minutes or until light golden brown.

Transfer biscuits on to a wire rack and allow to cool.

Icing

Sift icing sugar into a bowl. Add butter and sufficient boiling water to mix to a spreadable consistency.

For different icing colours, set aside some white icing, then add one drop at a time of red colouring to remaining icing to get shades of pink to bright red.

Ice the biscuits and decorate as desired ♥

For more information visit www.littleheartday.org.nz