# Parent Guide

## How can I use this with my children?

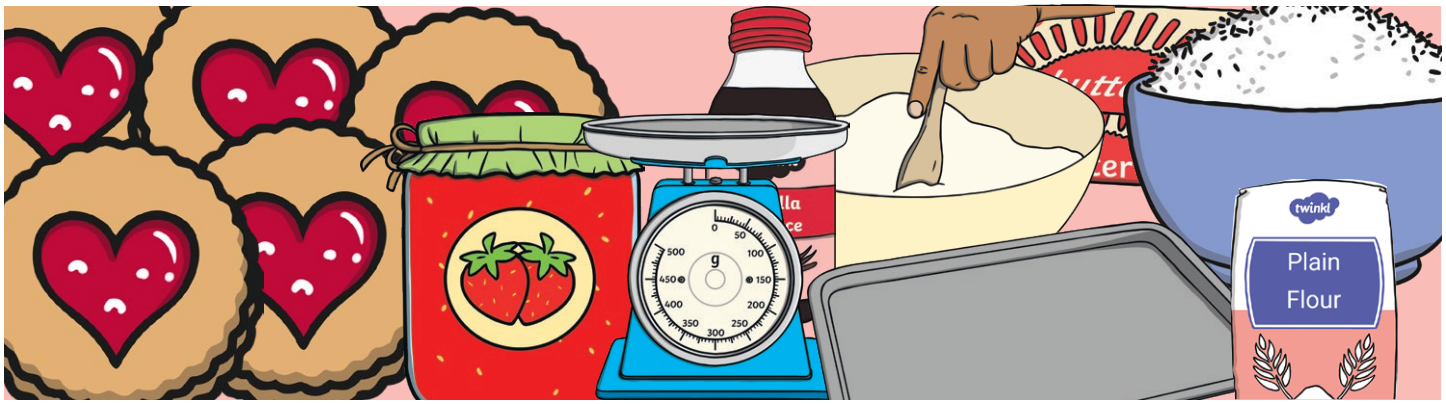
Baking is a lot of fun to do at home. Prepare a clean work surface to make the dough and roll out your shapes ready for a party or a treat to enjoy.

## How does this help my children's learning?

Weighing and measuring can support numeracy skills. Assembling these biscuits can help children to develop hand-eye coordination and creativity.

## Ideas for further learning:

Why not make some Love Heart Toast for breakfast to start off a day with a lovely smile?




# Jam Heart Biscuits

## Equipment

weighing scales

large mixing bowl

wooden spoon

electric hand mixer (optional)

rolling pin

baking tray

greaseproof paper

wire cooling rack

small bowl

teaspoon

biscuit cutters (round and smaller heart-shaped)

## Ingredients

200g butter (softened)

110g caster sugar

1 tsp vanilla extract

340g plain flour

jam (or jam alternative)

## Method

1. Using a wooden spoon (or electric hand mixer), cream together the butter and sugar in a bowl until light and fluffy.
2. Add the vanilla extract and mix well.
3. Gradually, mix in the flour until it forms a dough.
4. With your hands, bring the dough together until it is firm and even.
5. Place the dough between two sheets of greaseproof paper and roll it out to a thickness of about 3cm.
6. Chill in the fridge for 30 minutes.
7. Preheat the oven to 160°C. Grease or line the baking trays.



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## Method

8. Using the round biscuit cutter, cut an even number of biscuits.
9. With **half** of the round biscuit shapes, cut a smaller hole in the centre with the heart-shaped cutter.
10. Place all the biscuits on the baking tray and bake for 8-10 minutes until golden brown.
11. Once baked, allow to rest slightly before putting them onto a wire rack to cool completely.
12. Once the biscuits have cooled, spread the jam onto each round biscuit before placing a cut-out biscuit on top.

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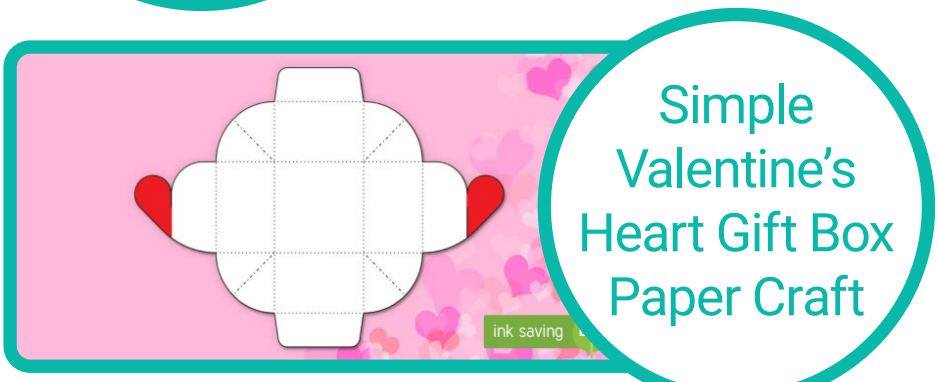


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