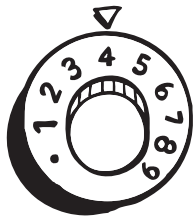


Making biscuits

Biscuits can be made with all sorts of ingredients. We can change ingredients to make them better for us, like swapping butter for healthy spreads and adding fruit as a natural sweetener. Follow the instructions below to make Seeds' shaped apricot biscuits. **Let's cook!**

You will need:

- ♥ 50g (2oz) Healthy spread
- ♥ 50g (2oz) caster sugar
- ♥ 1 small egg yolk
- ♥ 115g (4oz) plain flour
- ♥ 25g (1oz) of dried apricots
- ♥ Wooden spoon, mixing bowl, baking tray, scales, sieve, oven gloves, cooling rack, biscuit cutter and an apron



- 1** Ask the teacher to preheat the oven to Gas Mark 4.



- 2** Weigh out all your ingredients and lay them out neatly on the work surface.



- 3** Grease the baking tray.



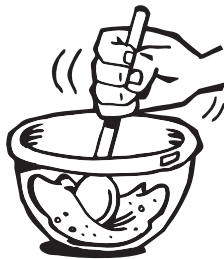
- 4** In a bowl add the healthy spread and sugar. Mix together until they are a creamy consistency.



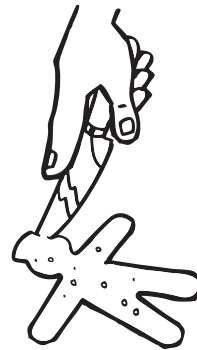
- 5** Add in the egg yolk. Do this a little bit at a time.



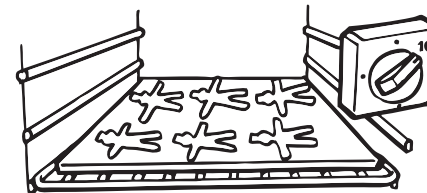
- 6** Using a sieve, add in the flour to the bowl. Then add the chopped apricots.



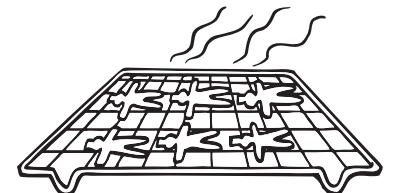
- 7** Use a wooden spoon to mix everything together until it is a stiff dough.



- 8** Press out the dough until it is about 1cm thick and cut into Seeds' shapes.



- 9** Ask the teacher to put the biscuits on to the baking tray and into the oven. Make sure she uses oven gloves.



- 10** After about 10 minutes the biscuits will be cooked. Ask the teacher to take these out of the oven. Let them cool before you eat them!