

## VALENTINE'S DAY TREATS

These amazing goodies will make great Valentine's Day gifts for your family or friends!

### Lollipop cookies



#### What you'll need

- 225g softened butter • 150g sugar
- An egg • A lemon • 310g plain flour
- 5g baking powder • 5ml vanilla extract
- 30ml milk • Icing sugar • Wooden skewers
- Red or pink food colouring
- Sprinkles and sweets for decoration
- Rolling pin • Heart, star or flower-shaped cookie cutters

#### Start

- 1 Cut the softened butter into cubes and put in a mixing bowl. Add the sugar and blend together with a wooden spoon until it forms a creamy paste.

#### 2

Mix in the egg, vanilla extract, milk, grated lemon peel and about a tablespoon of lemon juice. Sift the flour and baking powder into the mixture and blend into a doughy ball. Cover up the bowl and put it in the fridge for two hours.

#### 3

Soak the skewers in water for 30 minutes (this will stop them burning in the oven). Meanwhile, take the mixture out of the fridge and roll it out on a lightly-floured surface so it's about 1.5cm thick. Then ask an adult to set the oven to 190°C.

#### 4

Cut out dough shapes using the cookie cutters. Then push a skewer into the bottom of each cookie and place on a lightly-greased baking tray. Bake in the oven for 5–7 minutes or until the cookies are lightly browned.

#### 5

Once out of the oven, wait for the cookies to cool. Then mix together the icing sugar, a tablespoon of warm water and a few drops of food colouring.

#### 6

Cover one side of the cookies with the icing sugar, then decorate with the sweets and sprinkles. Wait until dry – and then give them to your Valentine. Yum!

These lollipop cookies have lots of sugar in them, so don't eat them all at once! Make sure they're part of a healthy, balanced diet.

### Funky flowers

Surprise your loved ones with these Valentine's Day blooms!

#### you'll need

- Tissue paper in two or three different colours
- Green pipe cleaners
- Scissors

#### Start

#### 1

Cut the tissue paper into squares and stack 8–12 layers together. Then concertina fold the pile of tissue paper as if you were making a fan.

#### 2

Wrap the top of the pipe cleaner around the middle of the folded tissue paper.

#### 3

Now, gently separate the layers to form the petals of the flower.

### Fruity bouquet

If you'd like to give someone a healthy treat this Valentine's Day, make this delicious display! Chop up their favourite fruit into cubes, then slide the pieces onto wooden skewers with grapes or berries. Place the tasty strips into a mug or small vase and... ta-da!