Shortbread

Ingredients

♥ 125g butter
♥ 55g caster sugar
♥ 180g plain flour

Method

1. Pre heat the oven to 190C (gas mark 5)
2. Beat the butter and the sugar together until smooth
3. Stir in the flour to get a smooth paste. Turn on to a work surface and gently roll out until the paste is 1cm/½in thick
4. Cut into the desired shape and place onto a baking tray. Bake in the oven for 15-20 minutes, or until pale golden-brown
5. Set aside to cool on a wire rack

Baking our way to beating heart rhythm disorders

Organise a bake sale at school, work or in your community to help raise awareness of syncope and heart rhythm disorders.

www.heartrhythmweek.org