

# Blue Peter

## Make your own Olympic medal biscuits



### You will need

- ✓ 100g Plain flour
- ✓ 100g butter
- ✓ 50g caster sugar
- ✓ A couple of drops of vanilla extract
- ✓ 500g icing sugar
- ✓ Warm water - for the icing
- ✓ Edible glitter/ food colouring (gold, silver and bronze)
- ✓ Silver/gold balls
- ✓ 10 long strawberry liqueur laces
- ✓ Rolling pin
- ✓ Biscuit cutters
- ✓ Baking tray

### Introduction

Make your own Olympic medal biscuits. Don't forget to send us a picture at [bluepeter@bbc.co.uk](mailto:bluepeter@bbc.co.uk).

### Instructions

#### Step 1



Preheat the oven to 150 C / Gas mark 2. Add butter and sugar to the bowl. Mix well.

#### Step 2



Add vanilla and flour and mix well.

### Step 3



Roll out the mixture to about 5mm.

### Step 4



Cut using a biscuit cutter or the top of a cup.

### Step 5

Cut a small hole (for your medal ribbon to go through) near the top of the biscuit with a straw or spoon handle then lay them onto a baking tray, making sure you've greased it so the biscuits don't stick

### Step 6



Bake for 25 minutes or until golden brown. Once cooked remove from the oven. Leave on a baking tray / cooling rack to cool.

### Step 7



Spread icing onto biscuits using a palette knife. Let the icing harden a little, but not solid to the touch. Then decorate by adding edible glitter / silver or gold balls, then push the strawberry laces through the hole at the top of the biscuit to make your ribbon.

### Step 8



And there you have it.. completely edible biscuit medals to give to your friends and family!