

## Chocolate Shortbread

- 85g          caster sugar
- 200g        plain flour
- 2tbsp        cocoa powder
- 100g        chocolate chips, milk or dark (or chocolate that can be chopped up .  
this varies the size of the chocolate in the shortbread)
- 3-4 tbsp    milk to bring mixture together if required

### Method

1. Mix the butter and sugar together with a wooden spoon.
2. Stir in the flour and cocoa, followed by the chocolate chips . youd probably need to mix it together with your hands at this stage.
3. Add some milk if required to bring the mixture into a dough.
4. Take a small amount of mixture and press together in hands and place onto greased baking sheet. Flatten to about 1cm thick. Make all shortbreads similar size and thickness to ensure even cooking.
5. Bake in a pre-heated oven at 180°C for 10-12 minutes. Cool on the tray.

*Now don't forget to wash up!*

*Enjoy with your favourite drink e.g. milk and/or a satsuma for Vitamin C which will help the absorption of the iron contained within the chocolate.*

*Why do our bodies need iron?*