

CHRISTMAS COOKIES

Involve tamariki in a festive activity that strengthens fine motor skills and independence through sensory exploration.



New Zealand
Tertiary College



INGREDIENTS:

¾ cup / 185g softened butter	1 cup caster sugar
2 eggs	1 teaspoon vanilla
2 ½ cups plain flour	1 teaspoon baking powder
½ teaspoon salt	

ICING:

2 egg whites	Warm water
3 cups of icing sugar	Red and green food colouring
1 teaspoon lemon juice	



METHOD:

- 1) Cream together butter and sugar until smooth. Beat in eggs and vanilla. Stir in flour, baking powder and salt. Cover and chill dough for at least one hour.
- 2) Preheat oven to 180 degrees C. Roll out dough on floured surface ¼ to ½ inch thick. Cut into Christmas shapes with cookie cutters and transfer to baking paper lined tray.
- 3) Bake 6 to 8 minutes until pale golden underneath. Allow to cool completely.
- 4) To make the icing, add egg whites and lemon juice and gently combine. Add in icing sugar one cup at a time, mixing well with electric beaters. Add water half a teaspoon at a time and add food colouring as desired.
- 5) Spoon icing into ziplock bags ready for decorating. Once cookies have cooled, snip a small hole in one corner and have fun piping onto the cookie.

TIPS:

- Once the cookies are in the oven, foster good habits by involving tamariki with the clean-up. Ask them to collect the tools you have been using, assist with washing the dishes, drying and packing away.
- Encourage generosity in children by allowing them to gift their creations to loved ones as a special Christmas present.

