

Mito Biscuits

(Makes 50-60 biscuits)

INGREDIENTS

- 175 grams soft unsalted butter
- 200 grams caster sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 400 grams plain flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 300 grams icing sugar (sieved)
- food colouring

You will need biscuit cutters and two baking sheets, greased or lined. You can buy mitochondria cookie cutters for as little as £3.80 online or get creative with hand-cutting the kidney-bean shape and drawing in some detail with icing.

1. Cream the butter and sugar together until pale then beat in the eggs and vanilla.
2. In another bowl, combine the flour, baking powder and salt.
3. Add the dry ingredients to the butter and eggs and mix gently. If you think the finished mixture is too sticky to be rolled out, add a little more flour.
4. Halve the dough, cover and rest in the fridge for at least 1 hour.
5. Preheat the oven to 180°C/160°C Fan/gas mark 4/350°F.
6. Dust a surface with flour, place one half of the dough on it and sprinkle a little more flour on top. Then roll it out to a thickness of about ½ cm / ¼ inch. Cut into shapes, dipping the cutter into flour as you go, and place the biscuits a little apart on the baking sheets.
7. Bake for 8–12 minutes, by which time they will be lightly golden around the edges. Cool on a rack and continue with the rest of the dough.
8. To prepare the icing, put a couple of tablespoons of just-not-boiling water into a large bowl, add the sieved icing sugar and mix together, adding more water as you need to form a thick paste.
9. Add some striking Lily Foundation pink colour and then pipe on top to complete the look of your mitochondria biscuits.

**based on a Nigella Lawson recipe publicly available online



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