



In the Kitchen with Infants Students

BEETROOT COOKIES

FRESH FROM THE GARDEN: Beetroot



Lemons



Blueberries



Tomatoes

Ingredients

- 1½ cups flour
- 1 teaspoon baking powder
- 3 tablespoons sugar
- Pinch of salt
- ¾ cup raw beetroot, shredded finely
- 2 tablespoons oil
- 1 small egg

Equipment

- Bowl
- Whisk
- Grater
- Cookie cutter



Method

1. Preheat oven to 200°C.
2. In a mixing bowl, whisk together the flour, baking powder, sugar and salt.
3. Using your hands, add the shredded beetroot to the flour mixture and toss to coat.
4. Add the oil and beaten egg and work with your hands to bring the dough together and make sure you knead the dough well to combine everything - the outcome will be a smooth dough.
5. Form the smooth beetroot dough on baking paper into a flat disk and roll it out to 1cm thick. With a cookie cutter cut out shapes and place them on a tray.
6. Bake for 15-20 minutes.