Ingredients:
- 50g/2oz sunflower spread
- 25g/1oz caster sugar
- 70g/2 ½ oz white self-raising flour (sieved)

Step 1:
*Preheat* oven to 180 C/350 F/Gas Mark 4.
*Grease* baking sheet with sunflower spread.

Step 2:
*Cream* sunflower spread and sugar until pale and fluffy.
*Sieve* the flour, *stirring* it gradually into the mixture. Using your hands, gather the mixture into a soft *dough*.

Step 3:
Either-
*Roll* into small balls and place well apart on baking sheet. Dip a fork into cold water and *flatten* each ball to leave a pattern.
Or-
*Roll* out the whole mixture to about 1 ½ cm thick and *cut out* shapes using biscuit cutters.

Step 4:
*Bake* for 12 15 mins until pale and golden.

Step 5:
*Cool* for 5 mins then remove from tray and place on cooling rack to firm.