

# **J** OIN Little Hearts Matter in a National Cookie Bake on behalf of children born with only half a heart.

February 14th is International Congenital Heart Disease Day. It is an opportunity to raise awareness of the needs of children born with congenital heart disease, and the needs of their families.

Around 600 babies every year are diagnosed with only half a functioning heart, because their hearts have failed to grow properly in the womb. Many will die without major surgery within days, or even hours of birth. Those surviving the first operation face further complex open-heart



surgery in infancy and early childhood, and may need a heart transplant as they move into adulthood.

Little Hearts Matter is a national charity that offers support and information to children and their families when they are faced with the frightening diagnosis of a single ventricle heart disorder.

The Little Hearts Matter National Cookie Bake gives the charity the opportunity to raise awareness of the needs of these children and their families, as they learn to live with their incurable heart condition. It also allows us to raise much-needed funds to support the services we offer families.



Anyone and everyone can be involved in the Cookie Bake: schools, clubs, playgroups, offices, sports clubs, Women's Institutes and Townswomen's Guilds - the list is endless. No group is too big or too small.

You could hold a coffee and cookie morning with friends or sell them in the work canteen. Young children enjoy rolling out dough to make heart shape cookies and then decorating their creations. For older children, you could even incorporate the Bake into

the school curriculum with cooking, healthy heart information and selling the cookies all contributing to important aspects of learning.

Healthy eating or traditional fayre, every bake helps to make a vital difference.

This year there is no excuse not to take part. Use the healthy eating recipes we have provided to encourage children and adults alike to bake well known cookies, cooked using new, exciting ingredients.

**Please join us for the this event. Last year over 200 schools, clubs and playgroups joined the national cookie bake raising a magnificent £13,000 for children with half a heart.**

## ORANGE SQUASH SHORTIES

(Makes 9)

### Ingredients

4oz/115g plain flour  
4oz/115g butter  
1oz/25g unrefined caster sugar  
1oz/25g butternut squash grated finely  
1oz/25g cornflour  
1 tspn fresh orange juice

### Method

1. Put the flour, sugar, cornflour in a mixing bowl, add the butter and cut into cubes.
2. Add the grated butternut squash. Rub the mixture together until it resembles fine breadcrumbs.
3. Add the fresh orange juice and bring the mixture together to a stiff dough.
4. Roll out to a 1/2 inch thickness and stamp out with a cutter.
5. Place on a greased baking tray and bake for 20 minutes at 150°C/300°F/gas mark 2
6. Lightly dust with sugar when cool.

If using a food processor place all the ingredients into the bowl and blitz for 20 seconds then follow stage 4.

*With a low sugar content and fresh orange juice, the natural sugar in the juice acts as a sweetener as well as providing vitamin C. Butternut squash helps towards the 5 a day guideline with extra vitamins A and C, calcium and iron.*

This recipe has been created by



### Little Hearts Matter

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# NATIONAL COOKIE BAKE



Little Hearts Matter  
*Half a heart  
... not half a life*



TV Chef Lesley Waters tucking into a heart shaped cookie along with Ben Hall and Lucy Pearson

**Combine healthy eating and fundraising  
together in a fun-filled project that  
supports children born with half a heart.**