

NUTRITION: Lazza's Kitchen

Melting Moments

Lazza is still trying out new recipes
Today - he makes his first ever Melting Moments

There are many different versions of Melting Moments
Around the globe, different countries have different recipes.
I chose one that also has the title "butter cookies".
It is just another kind of sweet biscuit.



150g/5oz Softened unsalted butter
150g/5oz Self Raising Flour
90g/3oz Caster Sugar
Vanilla Essence (I used 2 teaspoons)
Oats to roll them in (the recipe said you could also use coconut if you wanted)
Pecan nuts to decorate (this up to you, as you could use cherries, blueberries etc.)

This is very simple to make
Mix the butter and sugar together until blended well.
Add the vanilla essence.
Then mix in the flour.
The mixture is quite dry, but that is fine.
Heat the oven to 180C in readiness.
Make smallish balls with the mixture, and roll them (covering well) in the oats.
Place on baking tray and add your topping - in my case the pecan nut.
Bake for 10-15 minutes until golden brown.
Leave to cool.
Enjoy with a nice cup of tea.



Like the cookies from the last pack, these expanded, so make the balls fairly small.
Mine have come out a bit larger.

The texture is great. They harden more while they are cooling.

And, can I say, taste absolutely delicious!!

During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.
Why not try out some new recipes and foods yourself?
This was a great and very tasty bake to prepare.
I stun myself every week. If I can do it, so can you. Try something new!!!