



Pam's peanut butter cookies



From Admiral Nurse Pam Kehoe

This recipe makes about 16 cookies (depending on how big you like them!)

Ingredients:

200g (7oz) peanut butter

¼ tsp salt

175g (6oz) golden caster sugar

One large egg

Method:

1. Heat the oven to 180°C/160°C fan/Gas mark 4.
2. Line two baking trays with baking parchment.
3. Measure the peanut butter and sugar into a bowl. Add the salt and mix well with a wooden spoon. Add the egg and mix again until the mixture forms a dough.
4. Break off chunks of dough about the size of a walnut and shape them into a ball in your hand. Place them spaced apart on the trays. Press the cookies down with the back of a fork to squash them a bit.
5. Bake for 12 minutes, until golden around the edges and paler in the centre.
6. Cool on the trays for 10 minutes, then transfer to a wire rack to cool further.
7. Store them in a cookie jar for up to three days – if they last that long!

Tip:

These cookies can be frozen at stage four for up to two months. Cook from frozen, adding an extra minute or two to the cooking time.

Find more recipes for your Time for a Cuppa at dementiauk.org/tfac



Best ever blondies

From **Bessie Bakes**



Hi, I'm Bessie and my daddy got dementia when I was five. My favourite thing to do is bake and I love taking part in Time for a Cuppa and raising money for Dementia UK.

During lockdown, I created my cookbook called Bessie Bakes, and this is one of the recipes from it – I hope you like it! These blondies are best served warm.

To read more about Bessie's family and how a specialist Admiral Nurse is helping them with her dad's dementia, please see the 'Why your fundraising matters' card in your fundraising pack.

