

# Lavender Lemon Cookies

PREP TIME: 5-10 MINUTES  
COOK TIME: 11-12 MINUTES

YIELDS: 23-24 COOKIES  
(EACH COOKIE ~2 TABLESPOONS DOUGH)

## Ingredients

- $\frac{3}{4}$  salted butter, softened
- $\frac{3}{4}$  cup granulated sugar
- $\frac{1}{2}$  cup light brown sugar
- 1 teaspoon dried lavender
- 1 tablespoon lemon zest
- $\frac{1}{4}$  cup golden maple syrup
- 1 large egg
- 2 teaspoons vanilla extract
- $2\frac{1}{2}$  cups all purpose flour  
(unbleached & unenriched)
- $1\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{2}$  teaspoon baking soda



## Nutrition Content for 2 Cookies

Calories: 305kcal	Carbohydrates: 45g
Fat: 13g	Fiber: 0.8g
Protein: 4g	Added sugar: 13g
	Sodium: 194mg

## Directions

- 1.Preheat the oven to 375 degrees.
- 2.In an electric mixer with the paddle attachment, combine the softened butter with the granulated sugar, brown sugar, and vanilla extract until light and fluffy (3-5 minutes).
- 3.Add the lavender & lemon zest, whip for another few seconds to evenly combine.
- 4.Add remaining ingredients to the mixing bowl.
- 5.Line a baking sheet with parchment paper (or a silicone baking mat).
- 6.Once dough is formed (don't over mix), scoop ~2 tablespoons full with hands or a scooper and roll into balls.
- 7.Line the balls on the baking sheet, giving some space between each, though this recipe does not spread much.
- 8.Press cookies down with finger tips to create roughly ½ inch in width (again, they don't spread much).
- 9.Bake for 11-12 minutes or until edges become slightly golden in color.
- 10.Remove from oven and sprinkle with additional dried lavender as a garnish (may need to lightly press them into the cookie to stick).
- 11.Allow to cool before removing.
- 12.Store at room temperature. Note- the longer these cookies are stored, the more the lavender flavor enhances.

## Recipe Benefits

Lavender (*Lavandula angustifolia*) is a fragrant herb with various potential health benefits such as anxiety and stress reduction. Lavender is known for its ability to calm your nervous system, lift your mood and even lower blood pressure.

