



# LAVENDER SHORTBREAD COOKIES

Makes about 20 cookies

These delicate shortbread cookies are softly perfumed with lavender gathered from the Ashram's lavender garden overlooking Kootenay Lake. Buttery, crisp, and lightly floral, they are a sweet reminiscence of warm afternoons among the bees and blossoms

## INGREDIENTS

Lavender Sugar:

- 2 tbsp organic culinary lavender buds
- 1 ½ cups granulated sugar

Cookies:

- 340 g (¾ lb) unsalted butter, room temperature
- 1 cup lavender sugar (from above)
- 1 tsp vanilla extract
- 3½ cups all-purpose flour
- ¼ tsp salt

To Finish:

- 2 tbsp lavender sugar
- Fresh lavender flowers (optional)

## METHOD

Make the lavender sugar:

In a clean coffee grinder or spice grinder, pulse the lavender buds with ½ cup of the sugar until the lavender is finely ground and evenly distributed. In a small bowl, combine with the remaining 1 cup of sugar. Set aside. This makes more than you'll need for the cookies, allowing extra for garnishing or future use.

*HEALING SPREAD*



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## METHOD

Make the cookie dough:

In a stand mixer fitted with the paddle attachment, or in a bowl with a wooden spoon, cream the butter and 1 cup of the lavender sugar just until combined and smooth. Add the vanilla and mix briefly.

In a separate bowl, whisk together the flour and salt. Add to the butter mixture and mix on low until a soft dough forms.

Turn the dough out onto a lightly floured surface, form into a flat disc, wrap in plastic, and refrigerate for at least 1 hour.

Preheat the oven to 180°C (350°F). When ready to bake, roll the dough out to about 6 mm (¼ inch) thickness. Cut into shapes using cookie cutters and transfer to parchment-lined baking sheets.

Bake until just set and pale golden at the edges, about 10–12 minutes.

Allow the cookies to cool completely, then sprinkle lightly with lavender sugar. Garnish with a few fresh lavender flowers if desired.