

Lavender Earl Grey Cookies

Makes: About 36 cookies

Serving Size: 1 cookie

Ingredients:

- 1 teaspoon (5 ml) dried lavender flowers
- 3 bags of black tea (Earl Grey)
- 2 1/4 cups (288 grams) all-purpose flour
- 1/2 teaspoon (3 grams) salt
- 1/2 teaspoon (3 grams) baking powder
- 1/4 teaspoon (1.5 grams) baking soda
- 1 cup (227 grams) unsalted butter, softened
- 1 cup (200 grams) sugar + extra for sprinkling
- 1 large egg, room temperature
- 1 teaspoon (5 ml) vanilla extract

Instructions:

1. **Preheat Oven:** Preheat the oven to 350°F (175°C).
2. **Prepare Lavender and Tea:** Empty the tea bags into a mortar, food processor, or high-powered blender. Add the lavender and crush them together until well blended. Set aside.
3. **Mix Dry Ingredients:** In a bowl, combine flour, salt, baking powder, and baking soda. Add the crushed lavender and tea mixture. Whisk everything together until combined.
4. **Cream Butter and Sugar:** In a separate bowl, cream together the softened butter and sugar until light and fluffy. Add the egg and vanilla extract, beating until well combined.
5. **Combine Wet and Dry:** Slowly add the flour mixture to the butter mixture. Mix just until all the ingredients are incorporated. Do not overmix.
6. **Form Cookies:** Scoop the dough onto a lined baking sheet, leaving some space between each cookie. Press down slightly on each cookie using the back of a spoon and sprinkle a bit of sugar on top.
7. **Bake:** Bake for approximately 12 minutes or until the edges are lightly browned. The cookies will be soft but will harden as they cool.
8. **Cool:** Place the baking sheet on a cooling rack and allow the cookies to cool for 5 minutes. Transfer them to a cooling rack to cool completely.
9. **Store:** Store in an airtight container for up to a week.

Nutritional Breakdown (Per Cookie):

- **Calories:** 108 kcal
- **Carbohydrates:** 12.7 g
- **Protein:** 1.2 g
- **Fat:** 6.1 g
 - **Saturated Fat:** 3.8 g
- **Cholesterol:** 22 mg
- **Sodium:** 58 mg
- **Sugar:** 6.6 g
- **Fiber:** 0.3 g