

Foodnity Recipes

Chamomile Tea Shortbread Cookies

20 min Prep time	**12 min** Cook time	**32 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups all-purpose flour
- [ ] 1 cup unsalted butter, softened
- [ ] ½ cup granulated sugar
- [ ] 2 tbsp chamomile tea, strongly brewed and cooled
- [ ] 1 tsp lemon zest
- [ ] ½ tsp vanilla extract
- [ ] ¼ tsp salt

Optional Finish

- [ ] Powdered sugar for dusting

Instructions

1. Preheat the oven to 325°F (165°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, cream together the softened butter and granulated sugar until light and fluffy; this usually takes about 2 minutes.
3. Add the cooled chamomile tea, lemon zest, vanilla extract, and salt; mix just until incorporated.
4. Gradually fold in the sifted flour, stopping until the dough comes together. Be gentle – over-mixing can make the shortbread tough.
5. Turn the dough onto a lightly floured surface, shape it into a flat disc about ½-inch thick, and wrap in plastic. Chill for at least 30 minutes.
6. After chilling, cut the dough into desired shapes using a cookie cutter; place them on the prepared sheet, spacing a little apart.
7. Bake for 10-12 minutes, until the edges are pale gold and the tops look set. Do not let them brown.
8. Allow the cookies to cool on the sheet for 5 minutes, then transfer to a wire rack. Dust lightly with powdered sugar before serving.

Nutrition per serving

210 kcal	2 g	24 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough feels sticky, add a tablespoon of flour at a time.
- For an extra floral note, lightly brush the tops with a chamomile-infused butter after baking.
- Store with a slice of fresh bread to retain softness.