

Foodnity Recipes

Edible Flower-Pressed Shortbread Cookies

15 min Prep time	**20 min** Cook time	**35 min** Total time
24 Servings	**Easy** Difficulty	**British** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup unsalted butter, softened
- [ ] 1/2 cup granulated sugar
- [ ] 2 cups all-purpose flour
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] 1/4 cup fresh edible flowers (violets, rose petals, lavender)
- [ ] Pinch of salt

Instructions

1. Preheat the oven to 325°F (160°C) and line a baking sheet with parchment paper.
2. In a bowl, cream the softened butter with sugar until light and fluffy, about 2 minutes.
3. Stir in vanilla and lemon zest, then gradually add the flour and salt, mixing just until a smooth dough forms.
4. Wrap the dough in plastic, chill for 20 minutes, then roll to 1/4-inch thickness on a lightly floured surface.
5. Cut into desired shapes, place on the prepared sheet, and gently press the edible flowers onto each cookie.
6. Bake for 12-15 minutes, until the edges are barely golden. Cool on the sheet briefly, then transfer to a wire rack.

Nutrition per serving

180 kcal	2 g	22 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter cookie, increase sugar by 2 tbsp.
- A light dusting of powdered sugar after cooling adds a decorative touch.
- For a deeper floral note, lightly bruise the petals before pressing.