

Foodnity Recipes

French Blue Floral Buttercream Cookies

20 min Prep time	**12 min** Cook time	**32 min** Total time
24 Servings	**Easy** Difficulty	**French** Cuisine

Ingredients

Cookie Base

- [ ] 1 cup unsalted butter, softened
- [ ] 1/2 cup powdered sugar
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp dried edible violet petals, finely crushed
- [ ] 1 ¾ cups all-purpose flour

Finishing Touch

- [ ] Extra violet petals for garnish
- [ ] A pinch of sea salt

Instructions

1. In a large bowl, cream the softened butter with powdered sugar until pale and fluffy; the scent will start to bloom.
2. Add vanilla extract, lemon zest, and the crushed violet petals; stir gently, remembering the lemon blueberry cookies that inspired this subtle citrus note.
3. Sift the flour and fold it into the butter mixture just until combined – over-mixing will make the cookies dense.
4. Wrap the dough in plastic, chill for 15 minutes; this small pause helps the butter firm up.
5. Preheat the oven to 350°F (175°C). Roll the dough to ¼-inch thickness and cut circles; sprinkle a pinch of extra violet petals on each.
6. Bake for 10-12 minutes, until the edges are just a light gold; watch the cookies closely, much like the delicate blueberry lemon cookies that turn golden.
7. Allow to cool on the baking sheet for 2 minutes, then transfer to a wire rack. Enjoy warm, or store.

Nutrition per serving

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

Tips & notes

- If the dough feels too soft, return it to the fridge for an additional 5 minutes.
- For a deeper blue hue, increase the violet petal amount slightly, but watch the flavor balance.
- A light dusting of powdered sugar after cooling adds a pretty finish.