

Essential Oil Lemon & Lavender Shortbread Cookies

Author: Essential Oil Lemon & Lavender Shortbread Cookies

Recipe type: Dessert

Prep time: 20 mins Cook time: 12 mins Total time: 32 mins

Serves: 24

A easy and healthy way to flavor baked goods is by using essential oils. These Lemon & Lavender Essential Oil Cookies are perfect for afternoon tea, cookie swap or holiday gift.

Ingredients

- 1 cup butter - Room Temperature
- $\frac{2}{3}$ cup organic confectioners sugar
- Zest of 2 lemons - divided
- 7 drops lemon essential oil
- 3 drops lavender essential oil
- 2 teaspoons vanilla
- $\frac{1}{4}$ teaspoon salt
- 2 cups whole wheat flour
- 2 Tablespoons raw sugar

Instructions

1. Combine confectioners sugar, butter, vanilla, salt, zest of one lemon and essential oils until blended well
2. Add flour and combine until dough comes together
3. Form into a disc and wrap with plastic wrap and refrigerate until firm - about 30 minutes
4. Preheat oven to 350
5. Line baking sheet with parchment paper
6. In a small bowl combine zest of second lemon and raw sugar
7. Roll out dough to $\frac{1}{4}$ inch thick then sprinkle with lemon zest mixture
8. Cut into squares or circles then transfer to baking sheet
9. Bake 10-12 minutes until cookies are set. Let cool then serve.

Recipe by O'Boy Organic at <http://oboyorganic.com/essential-oil-lemon-lavender-shortbread-cookies/>