

# Lemon Balm Sugar cookies

Lemon balm has loads of health benefits and here are a few:

It can help relieve stress. ...

It can help reduce anxiety. ...

It may boost cognitive function. ...

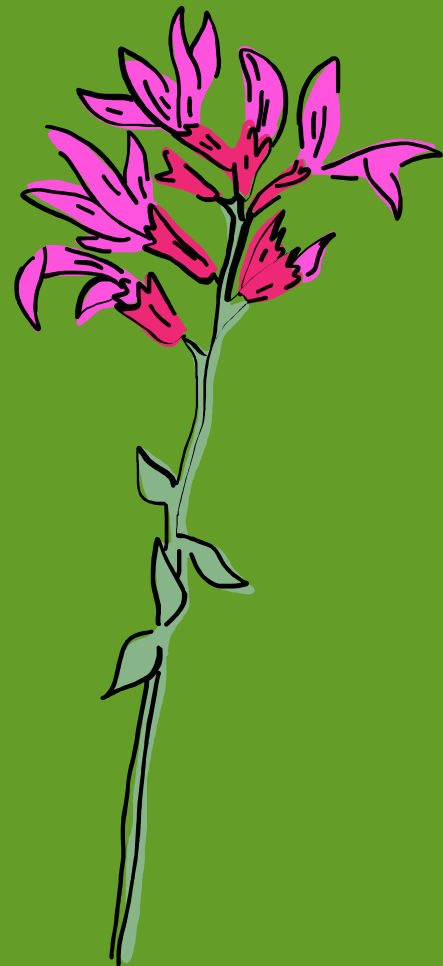
It can help ease insomnia and other sleep disorders. ...

It may help treat cold sores. ...

It may help relieve indigestion. ...

It can help treat nausea. ...

It may help minimize menstrual cramps.



Here is the recipe that Dilish Farm uses to make these fun and healthy-ish cookies for my family snack.

This recipe makes about 12 cookies depending how big you scoop.

## Ingredients

1 1/2 cup flour

3/4 white sugar

1/2 teaspoon baking soda

1/2 teaspoon salt

1 stick butter, softened

1 large egg

2 tbsp fresh lemon balm, finely chopped

## Instructions

Preheat the oven to 350 degrees Fahrenheit.

Cream the butter, sugar and lemon balm in a bowl  
add the egg and combine.

Combine the dry ingredients (all but sugar) in a large bowl.

Drop small spoonfuls of the cookie dough onto an un-greased baking sheet.

Bake for 10 to 12 minutes or until the edges just begin to brown.

Remove cookies from the baking sheet and allow them to cool on a wire rack or a sheet of waxed paper.

