

FLOWER COOKIES



Flowers are not only beautiful, they are delicious! Eating flowers has been popular since historical times. They add colour to our food, and we can use them as decorations for salads, soups, and desserts.

Ingredients

350 g flour

200 g butter

100 g powdered sugar

1 egg

a pinch of salt

2-3 tsp vanilla sugar

2-3 drops of rose essence

daisies (other edible flowers might be used as well, such as pansies, roses, elderberries, lavender, rosemary)

Oven temperature

180 C

Method

1. Rinse the flowers and dry the water from them with kitchen paper.
2. Knead the dough ingredients together.
3. Place the dough in the refrigerator for at least 30 minutes.
4. Roll out the dough. It might be easier if you put a baking sheet on it.
5. Cut rounds with a cookie cutter or a glass.
6. Press a flower into the centre of each cookie. If it does not stick well, water the top of the dough a little.
7. Place on a baking tray lined with baking paper.
8. Bake in a preheated oven for approx. 10 -15 minutes. Be careful not to let them brown.