



Cooking with
herbs for
*health, flavor
& tradition.*



Fenugreek Maple Shortbread Cookies



INGREDIENTS

- 1 cup butter, softened
- 1/2 cup powdered sugar
- 2 cups flour
- 1/4 tsp ground fenugreek
- 1 tbsp maple syrup

INSTRUCTIONS

- 1 Cream butter and sugar.
- 2 Mix in maple syrup and fenugreek.
- 3 Add flour until dough forms.
- 4 Chill 30 minutes.
- 5 Roll out and cut into shapes.
- 6 Bake at 325°F (165°C) for 12–15 minutes.



Herbal Goodness

Fenugreek has warm, maple-like notes that add cozy depth and wholesome goodness to these buttery cookies.



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