

LEMON BALM'S 3 Most Popular Recipes

Lemon balm has a light, lemony flavor with soothing, uplifting benefits. It's wonderful in teas, desserts, and refreshing drinks.



Calming
• Uplifting
• Soothing

About Lemon Balm



Also known as Melissa, lemon balm is part of the mint family.

It's gentle, versatile, and perfect for everyday wellness.

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LEMON BALM TEA ☕

Ingredients:

- 1–2 teaspoons dried lemon balm (or 1 tablespoon fresh leaves)
- 2 cups hot water
- Honey or lemon (optional)

Instructions:

- Place lemon balm in a tea infuser or cup.
- Pour hot water over the leaves.
- Steep for 8–10 minutes.
- Strain and enjoy warm.
- Add honey or lemon if desired.

Benefits: Promotes relaxation, supports better sleep, eases stress and soothes the nervous system.



LEMON BALM COOKIES 🍪

Ingredients:

- 1 cup (2 sticks) unsalted butter, softened
- ¾ cup sugar
- 2 eggs
- 1 tablespoon fresh lemon balm, finely chopped (or 1 tsp dried)
- 2½ cups all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon salt

Instructions:

- Cream butter and sugar until light.
- Beat in eggs and lemon balm.
- In another bowl, mix flour, baking powder and salt.
- Combine wet and dry ingredients.
- Scoop onto baking sheet.
- Bake at 350°F (175°C) for 10–12 minutes or until lightly golden.
- Cool and enjoy!

Benefits: A light, lemony treat that uplifts mood and supports relaxation.



LEMON BALM LEMONADE 🍋

Ingredients:

- 1 cup fresh lemon balm leaves
- 4 cups water
- ¾ cup fresh lemon juice (about 4–6 lemons)
- ½ cup honey or sweetener (to taste)
- Ice and lemon slices

Instructions:

- Bring water and lemon balm to a boil.
- Remove from heat and steep for 15 minutes.
- Strain and let cool.
- Stir in lemon juice and sweetener.
- Chill and serve over ice.
- Garnish with lemon slices and lemon balm leaves.

Benefits: Refreshing, cooling, and uplifting — perfect for hydration and a calm, happy mood.

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