



Everything Herbal

by Cheryl Jabz

Rooted in Nature. Guided by Purpose.



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RECIPE

Lavender Chamomile Sleep Cookies

Soft floral bedtime treats.



INGREDIENTS

- 1 cup oats
- 3/4 cup flour
- 1/4 cup honey
- 1/4 cup butter
- 1 teaspoon chamomile
- 1/2 teaspoon culinary lavender
- 1/2 teaspoon vanilla

INSTRUCTIONS

- 1 Preheat oven to 350°F.
- 2 Cream butter and honey together.
- 3 Stir in remaining ingredients.
- 4 Scoop onto baking tray.
- 5 Bake 10–12 minutes.

BENEFITS



Cozy evening snack.
Chamomile and lavender
create calming aroma.
Pairs beautifully with
herbal tea.



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