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RECIPE



SCAN ME

Everything Herbal

by Cheryl Jabz

Valerian Chamomile

Sleep Cookies



A cozy, calming treat to help
you unwind and rest.

INGREDIENTS

- 1 cup flour
- 1/2 cup oats
- 1/4 teaspoon powdered valerian root
- 1 teaspoon dried chamomile
- 1/4 cup honey
- 1/3 cup butter
- 1 egg
- 1 teaspoon vanilla

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Mix dry ingredients.
3. Stir in butter, egg, honey, and vanilla.
4. Scoop onto baking sheet.
5. Bake 10–12 minutes.
6. Cool before serving.

SAFETY NOTE / TIP

Use only a small amount of
valerian in foods because of its strong flavor.

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