Lavender Honey Almond Shortbread

Gluten-Free. Rich, delicate, tender, crisp and crumbly-good.

Bake the Lavender Honey Almond Shortbread on an insulated cookie sheet or a double-sheet pan to keep the bottoms from browning too quickly. To create a double-pan, use two half-sheet pans with rolled edges. This way the pans sit on top of one another with a layer of air between them.

When I use grass-fed, Kerrygold lightly salted butter for these shortbread, no additional salt is needed. Sometimes, though, I make shortbread with coconut oil. Then, a pinch of salt brightens their flavor.

Makes 14 two-inch cookies
Active Time: 15 minutes
Total Time: 1 ¼ hours, including resting and baking time

Ingredients

½ cup blanched, slivered almonds
4 ounces chilled butter *OR* ½ cup chilled coconut oil
3 tablespoons light, local honey
¾ teaspoon pure vanilla
½ cup brown rice flour
½ cup oat flour
Large pinch sea salt (if using unsalted butter)
1- 1½ tablespoons dried lavender blossoms, depending upon the strength of your lavender

Instructions

1. Heat the oven to 300 degrees. Toast the almonds for about 10 minutes or until golden. Set them aside to cool. Turn the oven off. When the almonds are cool, finely chop them in a food processor. Set aside.
2. Use either a food processor or an electric mixer to cream together the butter or coconut oil, honey and vanilla until light and fluffy. Be sure to scrape the bottom and sides to incorporate the honey.
3. Add the rice flour, oat flour, finely chopped almonds and optional salt. When almost incorporated add the lavender. When mixed throughout, transfer the dough to the refrigerator for 15-20 minutes to make it easier to handle.
4. Use a #40 scoop to form cookies. Place them on a parchment lined pan. Refrigerate them for 15 minutes.
5. Heat the oven to 350 degrees.
6. Transfer the Lavender Honey Almond Shortbread to a parchment-lined, rimmed double baking sheet, spacing them a couple of inches apart. Use the heel of your hand to flatten each cookie

to about ⅓ inch thick.

7. Bake the shortbread for 12 minutes. Turn the pan 180 degrees and bake another 5 minutes.
8. Let the Lavender Honey Almond Shortbread cool before removing them from the pan.
9. Alternatively, freeze the uncooked balls of dough. Bake as many or as few as you would like. Do let them soften enough to be able to flatten each cookie before baking them.