



### The Tea Spot Meditative Mind Sachets

These premium sachets contain a soothing white tea blend. Rosebuds are known to ease nervous tension and have a calming effect. The exotic floral scent of night-blooming jasmine is used as an anti-depressant in herbal medicine. This combination works together to enhance the light, subtle flavor of the white peony tea leaf base – creating the perfect remedy for a stressful day.



### Ingredients

Makes 24 – 30 cookies

- ◆ 1 cup butter, softened
- ◆ ½ cup sugar
- ◆ ½ tsp. salt
- ◆ 1 tsp. vanilla extract
- ◆ 2 cups flour
- ◆ 1 Tbs. cinnamon
- ◆ 1 ¼ tsp. ground ginger
- ◆ 1 tsp. ground fennel seeds, ground with mortar and pestle or coffee grinder
- ◆ ½ tsp. ground cardamom
- ◆ 1 Tea Spot Meditative Mind tea sachet, remove the tea and grind with mortar and pestle
- ◆ 1 rounded cup white chocolate chips

### Instructions

1. Preheat oven to 350 degrees.
2. Beat butter, sugar, salt, and vanilla in a large bowl with a mixer until smooth. In another bowl, stir together flour, cinnamon, ginger, fennel, cardamom, and tea. Add to butter mixture and beat on low speed until blended. Stir in chocolate chips.
3. Line 2 baking sheets with parchment paper. Set 1 Tbs. balls of dough 1 in. apart on sheets and flatten slightly with a floured glass.
4. Bake until cookies are light golden on undersides, 15 to 18 minutes, switching pan positions halfway through baking. Transfer to racks to cool.
5. Serve with LOVE and a cup of Meditative Mind tea and go straight to heaven here on earth!
6. Store in an airtight tin or container.

### Notes

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