

Helergon Kitchen

# Italian Peach Cookies – Authentic Sweet Treat

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| **20 min**<br>Prep time | **15 min**<br>Cook time | **35 min**<br>Total time |
| **24**<br>Servings | **Easy**<br>Difficulty | **Italian**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 2 cups all-purpose flour
- [ ] 1 cup granulated sugar
- [ ] 1/2 cup unsalted butter, softened
- [ ] 2 ripe peaches, peeled, pitted, and finely diced
- [ ] 1 tsp almond extract
- [ ] 1 tsp lemon zest
- [ ] 1/2 tsp baking powder
- [ ] 1/4 tsp salt

## Instructions

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a bowl, cream together the butter and sugar until light and fluffy, about 2-3 minutes.
3. Add almond extract and lemon zest, mixing until just combined.
4. In a separate bowl, whisk flour, baking powder, and salt; gradually fold into the butter mixture.
5. Gently fold the diced peaches into the dough, being careful not to over-mix.
6. Spoon rounded tablespoons of dough onto the prepared sheet, spacing 2 inches apart.
7. Bake for 12-15 minutes, until the edges are lightly golden and the tops are set.
8. Allow cookies to cool on the sheet for 2 minutes, then transfer to a wire rack.

### Nutrition per serving

| 180 kcal | 2 g | 27 g | 7 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- If the dough feels sticky, chill for 10 minutes before shaping.
- For extra aroma, sprinkle a pinch of ground cardamom with the flour.
- These cookies freeze well; reheat gently before serving.