



St. Hildegard's Anti-Depressant Cookies: Dr. Sweet's version

One cup butter
Two and 1/4 cups flour
½ tsp. baking soda
½ cup powdered sugar
¼ tsp salt
2 tsp cinnamon
1 tsp. nutmeg
1 tsp cloves
1 tsp vanilla
2 eggs

All ingredients fresh and of the best quality!
Mix them together however you like.
Preheat oven to 325 degrees, of course.
Roll into little balls, flatten, and make cross on them.
Put on greased baking sheet.
Bake for 15-20 minutes.
Let cool for 20 minutes.

Sig: Take two daily with a very small cup of strong coffee.

The anti-depressant effect of the cookies derives from the sugar, in my opinion. Everything else, the butter, flour, cinnamon, cloves, vanilla and nutmeg, are there simply to add flavor to the sugar, which in the Middle Ages, was considered the most perfect of all foods.