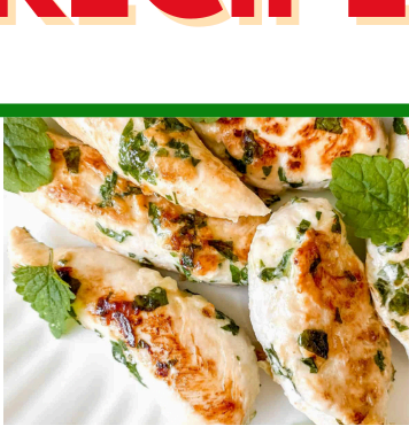


20 Mouth Watering Lemon Balm Recipes You Will Love



20 SAVORY LEMON BALM RECIPES



Lemon balm, a fragrant herb from the mint family, transforms ordinary dishes with its mild, lemony essence. Its versatility makes it an essential ingredient for innovative culinary creations, from soothing teas to zesty desserts. Recipes using lemon balm not only offer a burst of flavor but also potential health benefits, including stress relief and improved digestion.

Exploring lemon balm recipes introduces a refreshing twist to your kitchen repertoire. Whether it's infusing simple syrups for cocktails, crafting vibrant salads, or baking aromatic pastries, lemon balm elevates the sensory experience of meals. Embrace this herb to add a subtle yet distinctive touch to your cooking adventures.

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1. Refreshing Lemon Balm Sparkler



Image and recipe by [shewearsmanyhats](#)

Need a zesty, refreshing drink? Mix honey, lemon juice, and crushed lemon balm with sparkling water for a tangy, herb-infused delight. Add a splash of your favorite light liquor for a fun twist. Serve chilled over ice with lemon slices and lemon balm leaves for the perfect summer sipper!

2. Refreshing Lemon Balm Cucumber Salad



Image and recipe by [foragerchef](#)

This Lemon Balm Cucumber Salad is a delightful mix of crisp cucumber and tangy pickled shallots, brought together with a hint of honey and a splash of vinegar. Top it off with torn lemon balm leaves for a fresh, aromatic touch, and garnish with comfrey flowers if you're feeling fancy. It's a perfect light and refreshing dish for any summer meal!

3. Refreshing Lemon Balm Lemonade



Image and recipe by [selfsufficientme](#)

Whip up a batch of this zesty Lemon Balm Lemonade for a refreshing treat! Infuse lemon peels and chopped lemon balm in boiling water, then mix in mineral water and freshly squeezed lemon juice to your taste. Finish with a garnish of lemon slices and extra lemon balm leaves for a truly invigorating summer drink. Perfectly sweet and tart, it's sure to be a crowd-pleaser!

"Did you know that lemon balm is not only a culinary herb but also has calming properties? Adding lemon balm to your tea or desserts can provide a natural way to reduce stress and promote relaxation. Its subtle citrus flavor pairs wonderfully with honey and vanilla."

4. Lemon Balm Marinated Chicken



Image and recipe by [throughthefibrofog](https://www.throughthefibrofog.com)

Brighten up your dinner with this Lemon Balm Marinated Chicken! Juicy chicken breasts soak up a zesty marinade of lemon balm, garlic, and apple juice, making each bite burst with fresh, vibrant flavors. Simply marinate, cook in a skillet, and enjoy a quick, delicious meal that's perfect for any night of the week.

5. Refreshing Lemon Balm Infused Water



Image and recipe by [veggiefestchicago](http://veggiefestchicago.com)

Quench your thirst with this zesty Lemon Balm Infused Water! Just crush a few lemon balm sprigs, mix with cold water, and let it chill in the fridge. Add a twist with lemon or lime slices, or swap in fresh mint. Perfect for a refreshing, herbal delight!

6. Zesty Lemon Balm Pesto



Image and recipe by [vintagekitty](#)

Brighten up your dishes with this vibrant Lemon Balm Pesto! Combining fresh lemon balm leaves, pine nuts, and Parmesan cheese, this pesto is perfect for pasta, sandwiches, or as a dip. Just blend everything together, season to taste, and enjoy. It's easy to make and stores well, making it a versatile kitchen staple.

"Did you know that lemon balm can elevate the flavor of baked goods? When finely chopped and added to a lemon balm cake with poppy seeds, it imparts a unique, refreshing taste that complements the sweetness of the cake. It's a fantastic way to incorporate a fresh, herbal twist into your desserts."

7. Creamy Lemon Balm Gelato



Image and recipe by [honestcooking](#)

Cool off with this refreshing Lemon Balm Gelato! Infused with the bright flavors of fresh lemon balm and zesty lemon, this creamy treat is perfect for a sunny day. Easy to make and even easier to enjoy, this gelato will become your go-to summer dessert. Best served fresh from the churn, but still delicious after a quick softening in the fridge.

8. Lemon Balm Infused Veggie Curry



Image and recipe by [veganfoodandliving](https://www.veganfoodandliving.com)

This lemon balm-infused veggie curry is a flavor-packed delight! A blend of garlic, shallots, and fresh ginger forms a vibrant paste, paired with a medley of carrots, broccoli, and vegetarian chicken pieces. Cooked in creamy coconut milk with a touch of soy sauce and a squeeze of fresh lemon juice, this curry is both aromatic and delicious. Serve with wild rice and a sprinkle of fresh coriander for a perfect meal.

9. Refreshing Lemon Balm Lemonade



Image and recipe by [whatsteveeats](#)

Brighten your day with this zesty and herbal lemonade! With freshly zested lemons, fragrant lemon balm, and a touch of maple syrup, this refreshing drink is perfect for hot afternoons. Simply muddle, boil, and infuse to release all those lovely flavors. Serve chilled with lemon slices and enjoy a burst of sunshine in a glass!

10. Garden Fresh Peppermint and Lemon Balm Tea



Image and recipe by [juliaeats](#)

Beat the summer heat with a refreshing glass of Peppermint and Lemon Balm Tea! This simple blend harnesses the cool, minty punch of peppermint and the soothing, lemony zest of lemon balm. Perfect for sipping hot or chilled, this tea is a delightful way to stay hydrated and enjoy the garden's bounty. Sweeten it to taste and enjoy a burst of freshness in every sip!

11. Crispy Lemon Balm and Garlic Potatoes



Image and recipe by [romina'slittlecorner](#)

These Lemon Balm Garlic Butter Potatoes are the perfect blend of crispy and tender. Sauté baby potatoes with aromatic garlic, rosemary, and lemon balm in a cast iron skillet until golden brown. Finished with a sprinkle of fresh parsley, this dish is a flavorful, herby delight that pairs beautifully with any meal.

"Did you know that lemon balm is rich in antioxidants? Including it in recipes like lemon balm ice cream not only adds a delightful flavor but also boosts the nutritional value. It's a delicious way to enjoy a treat while benefiting from the herb's health-promoting properties."

12. Lemon Balm Poppy Seed Cake



Image and recipe by [learningherbs](https://www.learningherbs.com)

This delightful Lemon Balm Poppy Seed Cake is a fragrant treat perfect for any occasion. Fresh lemon balm leaves infuse the moist cake with a bright, herbal flavor, complemented by sweet honey and a touch of vanilla. Topped with a luscious lemon balm icing and a sprinkle of poppy seeds, this cake is as beautiful as it is delicious. Garnish with fresh lemon balm leaves for an extra burst of color and flavor!

13. Lemon Balm Tomato Bulgur Salad



Image and recipe by [momfoodie](https://momfoodie.com)

This refreshing Lemon Balm Tomato Bulgur Salad is the perfect summer delight! With finely chopped lemon balm, juicy tomatoes, and a medley of fresh veggies like zucchini and yellow pepper, it's a burst of flavor in every bite. Mix in some sweet onion, kosher salt, lemon juice, and

olive oil, and let it chill for a few hours for the flavors to meld beautifully. For a heartier twist, toss in some chickpeas or crumbly cheese like feta or goat cheese.

14. Zesty Lemon Balm Green Sauce



Image and recipe by [thefoodphoenix](#)

This zesty lemon balm green sauce is a vibrant blend of fresh herbs, anchovies, garlic, and lime juice. Toss everything in a jar, blend to perfection, and voilà—a tangy, herby sauce ready to

elevate any dish. Perfect for a quick flavor boost and best enjoyed after an hour of melding in the fridge!

15. Mint and Lemon Balm Ice Cream Recipe



Image and recipe by [dreamscoops](#)

Dive into summer with this refreshing Lemon Balm Ice Cream! Creamy milk and whipped cream blend with fragrant lemon balm and mint for a tantalizing treat. Perfect for cooling down, this homemade ice cream brings a burst of garden-fresh flavor in every scoop. Enjoy straight from the churn or after a chill in the freezer for ultimate indulgence!

16. Lemon Balm Jelly



Image and recipe by [creativecanning](https://www.creativecanning.com)

Capture summer's essence with this delightful Lemon Balm Jelly! With its unique blend of citrus and minty sweetness, this homemade jelly is perfect for spreading on scones or using as a glaze for chicken. It's easy to make and brings the fresh, herbal flavors of your garden right into your pantry. Enjoy a taste of summer all year round!

"Did you know that lemon balm can be easily grown at home and used fresh in a variety of dishes? From lemon balm jelly to savory sauces, this versatile herb is a fantastic addition to your kitchen garden. Freshly picked leaves provide the best flavor and aroma."

17. Lemon Balm Bundt Cake Bliss



Image and recipe by [magnoliadays](https://magnoliadays.com)

This Lemon Balm Bundt Cake is pure bliss in every bite! Fresh lemon balm leaves add a fragrant twist to a buttery, moist cake, creating a delightful balance of flavors. Baked to perfection and dusted with confectioners sugar, it's a treat that's as beautiful as it is delicious. Perfect for a cozy afternoon tea or a special dessert.

"Did you know that lemon balm pairs beautifully with fruits? A lemon balm bundt cake garnished with fresh lemon balm leaves and a dusting of confectioners' sugar makes for an elegant dessert. The herb's light citrus notes enhance the flavors of any fruit-based dish."

18. Lemon Balm Syrup



Image and recipe by [amodomio](#)

Turn your fresh lemon balm leaves into a delightful syrup that's perfect for summer drinks! Simply simmer water, sugar, and lemon peel, then mix in lemon juice and lemon balm leaves. Let it rest for five days to infuse fully, then strain and bottle. This refreshing syrup keeps for six months and can be mixed with soda water or Prosecco for a fizzy treat.

19. Lemon Balm Martini



Image and recipe by [thefarmhouseproject](http://thefarmhouseproject.com)

Shake up your cocktail game with a Lemon Balm Martini! This refreshing drink blends zesty lemon juice, a hint of sweetness from simple syrup, and the smooth kick of vodka. Add fresh lemon balm leaves for a burst of herbal goodness. Strain, pour, and garnish with a lemon balm leaf and edible flowers for a chic, delightful sip. Cheers!

20. Lemon Balm Roasted Chicken



Image and recipe by [lovecheflaura](#)

Get ready for a burst of citrusy goodness with this Lemon Balm Roasted Chicken! The blend of fresh lemon balm, thyme, and garlic, all rubbed under the skin with butter, makes for an incredibly juicy and flavorful bird. Pop a lemon in the cavity, roast to perfection, and let the aroma fill your kitchen. Perfect for a cozy family dinner, this recipe is sure to impress with its herby, zesty notes!

FAQS

Q: What is lemon balm?

A: Lemon balm (*Melissa officinalis*) is a fragrant herb from the mint family, known for its fresh, lemony scent and flavor. It's often used in culinary dishes, teas, and natural remedies for its soothing properties.

Q: How do I use lemon balm in cooking?

A: Lemon balm can be used fresh or dried in a variety of recipes. It's great for adding a citrusy note to salads, soups, sauces, desserts, and beverages. Chop fresh leaves and sprinkle them over dishes, or infuse them into liquids for a subtle lemon flavor.

Q: What are some popular lemon balm recipes?

A: Popular lemon balm recipes include lemon balm cake with poppy seeds, lemon balm ice cream with mint, lemon balm jelly, and lemon balm bundt cake. These recipes highlight the herb's versatility and aromatic qualities.

Q: Can I substitute lemon balm with other herbs?

A: Yes, if you don't have lemon balm, you can substitute it with lemon verbena, lemon thyme, or even fresh lemon zest, depending on the recipe. These alternatives will provide a similar lemony flavor.

Q: What are the health benefits of lemon balm?

A: Lemon balm is known for its calming effects. It can help reduce stress, improve sleep, and aid digestion. It's also used in some traditional medicines to relieve headaches and cold symptoms.

Q: How should I store fresh lemon balm?

A: Store fresh lemon balm in the refrigerator, wrapped in a damp paper towel and placed in a plastic bag. This will keep it fresh for about a week. For long-term storage, you can dry the leaves or freeze them in ice cubes.



20

FLAVORFUL LEMON BALM RECIPES YOU MUST TRY!



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SIMPLE & EASY LEMON BALM RECIPES YOU MUST TRY!

