

Chocolate Chip Greenies

This treat will darken in color the longer it sits. This is a safe natural chemical reaction! If you wish to avoid the color change, do not toast the sunflower seeds.

U.S.

1 1/2 cups	Sunflower Seeds, raw, unsalted
1 tsp	Baking Soda
1/4 tsp	Kosher Salt
2 each	Eggs, large
1/2 cup	Maple Syrup
2 tsp	Vanilla Extract
1/4 cup	Chocolate Chips, semisweet

Metric

185g
4g
1.5g
2 each
120mL
10mL
45g

Preparation:

1. Gather all ingredients and equipment. Preheat oven to 325°F (163°C).
2. On a sheet pan, lay out the raw sunflower seeds in one, even layer. Place in oven until slightly brown, about 10 minutes. Remove from oven and allow to cool.
3. Add the sunflower seeds into a blender, and blend on high until a uniform powder is formed. If you over blend, the mixture will become the texture of nut butter. Scrape the sides of the blender as needed to have all the sunflower flour combine.
4. In a bowl, mix together the sunflower flour, baking soda and salt with a spatula. Once combined, add in the eggs, maple syrup and vanilla extract. Mix together the batter until one consistent texture.
5. Line a 8x8 baking pan with parchment paper. Pour the batter into the pan evenly. Sprinkle the top of the mixture with the chocolate chips. Place in the oven for about 18 minutes, or until done. Check for doneness with a toothpick - a toothpick inserted in the center should come out clean (avoid chocolate chips when doing this).
6. Allow the greenies to cool for 10 minutes before removing from the pan.

Nutrition Facts

12 Servings

Serving size **1 square**

Amount per serving

Calories **170**

Total Fat 10 g

 Saturated Fat 2 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 30 mg

Sodium 160 mg

Total Carbohydrate 16 g

 Dietary Fiber 1 g

 Total Sugars 11 g

 Includes 9 g Added Sugars

Protein 5 g

Vitamin D 0 %

Calcium 0 %

Iron 6 %

Potassium 0 mg

Phosphorus 0 mg
