



Green Sunflower Cookies (Gluten Free)

These cookies will darken in color the longer they sit. This is a safe natural chemical reaction! If you wish to avoid the color change, do not toast the sunflower seeds.

Makes 22 cookies.

U.S.

1 1/2 cups	Sunflower Seeds, raw, unsalted	185g
2 cups, divided	Quick Oats, gluten free	200g
1 tsp	Baking Soda	4g
1/4 tsp	Kosher Salt	1.5g
2 each	Eggs, large	2 each
1/2 cup	Maple Syrup	120mL
2 tsp	Vanilla Extract	10mL
1/3 cup	Chocolate Chips, semisweet	60g

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 20 minutes. Remove from oven and allow to cool.
3. Add **one** cup of oats to a blender. Blend the oats until a flour forms, scraping down the sides as needed. Remove and set aside.
3. Add the sunflower seeds into the blender, and blend on high until a uniform powder is created. 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, whole oats, oat flour, baking soda, and salt with a spatula. Once combined, add in the eggs, maple syrup and vanilla extract. Mix together the batter until evenly combined. Gently fold in the chocolate chips.
5. Line a baking sheets with parchment paper. Scoop out the cookie batter into heaping tablespoons, spaced evenly on the sheet. Bake for 10-12 minutes, or until a toothpick inserted into the center of a cookie comes out clean (chocolate may be on the toothpick, this is ok as long as the batter is not sticking).
6. Allow the cookies to cool for 10 minutes before removing from the baking sheet. For color changing to occur, wait at least 30 minutes.

Nutrition Facts

22 Servings

Serving size **1 cookie**

Amount per serving

Calories **130**

Calories from Fat 60

Total Fat 6 g

 Saturated Fat 1.5 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 15 mg

Sodium 85 mg

Total Carbohydrate 15 g

 Dietary Fiber 2 g

 Total Sugars 7 g

 Includes 6g Added Sugars

Protein 4 g

Vitamin D 0 %

Calcium 0 %

Iron 0 %

Potassium 0 mg

Phosphorus 0 mg
