

Sunflower Cookies

12 servings

Sunflowers were used among Native Americans for many different uses. Sunflower seeds can be ground up to make a paste to thicken stews or add flavor. The seeds are also great for making oil for cooking and oil for treating skin ailments. Colorful sunflowers were even used to dye fabrics!

- 1 cup sunflower butter
 - 1/2 cup maple syrup
 - Pinch salt (optional)
 - 1/2 cup cornmeal
1. Wash hands with soap and water.
 2. Spray a large cookie sheet with nonstick cooking spray. Set aside.
 3. Preheat oven to 350°F. In a small bowl, stir together the sunflower butter, maple syrup and salt if desired, adding a little warm water if the dough is too stiff. Place cornmeal in a shallow dish.
 4. Using a spoon, scoop mixture and roll into 1-inch balls. Then roll each ball into cornmeal. Place on cookie sheet and flatten slightly with your hand. Bake the cookies until just firm, about 10 to 13 minutes.
 5. Allow cookies to cool on cookie sheet for 5-10 minutes. Then remove from cookie sheet and transfer to a wire rack or a plate to cool completely.
 6. Store leftovers in a tightly sealed container at room temperature for 1-2 days or store in a sealed container in the refrigerator for up to four days.



Source: This recipe is adapted from The Sioux Chef's Indigenous Kitchen cookbook.

Nutrition Information per Serving: (1 cookie): Calories 190, Total Fat 12g, Saturated Fat 1g, Cholesterol 0mg, Sodium 85mg, Total Carbohydrates 19g, Fiber 1g, Total Sugars 10g, includes 10g Added Sugars, Protein 4g, Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 4%.