



Sunflower Cookies

Vegan

Cookie Recipe:

- 1 Cup Sunny Butter
- ¼ Cup Maple Syrup
- ¼ Cup Cornmeal
- Pinch of Salt

Sunny Butter Recipe:

- 4 Cups Sunflower Seeds
- 2 Cups Maple Syrup
- 2 tsp Salt

Sunny Butter

Working in batches, put 1 cup of the sunflower seeds into a food processor and grind.

Cookies

Preheat oven to 350 degrees F. In a small bowl, stir together the Sunny Butter, maple syrup, and salt, adding a little warm water if the dough is too stiff. Using a tablespoon, scoop up balls of the mixture and roll in the cornmeal. Place on a cookie sheet and flatten slightly with your hand. Bake cookies until just firm, about 8 to 10 minutes. Remove and set on a rack to cool.