

# Green Sunflower Cookies (Gluten Free)

*These gluten-free cookies are great for any occasion. Whether it is St. Patrick's Day, Halloween, or just an everyday snack, these color changing cookies are delicious and fun!*

<b>YIELD</b> <b>20 SERVINGS</b>	<b>PREP TIME</b> <b>30 MIN</b>	<b>TOTAL TIME</b> <b>45 MIN</b>
------------------------------------	-----------------------------------	------------------------------------

## INGREDIENTS

1 ½ cups	Sunflower Seeds, raw, unsalted
2 cups	Quick Oats, gluten free
1 tsp	Baking Soda
¼ tsp	Kosher Salt
2 each	Eggs, large, beaten
½ cup	Maple Syrup
2 tsp	Vanilla Extract
⅓ cup	Miniature Chocolate Chips, semisweet

## CHEF'S NOTES

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

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 325°F. Line two baking sheets with parchment paper.
2. On a separate 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 oats to a blender. Blend the oats until an oat flour forms, scraping down the sides as needed. Transfer to a large bowl and set aside.
4. Add the cooled sunflower seeds to the blender, and blend on high until a uniform powder is created. DO NOT over blend, or the sunflower seeds will become the texture of nut butter. Scrape the sides of the blender as needed to combine the sunflower flour.
5. Add the sunflower flour, baking soda, and salt to the large bowl with the oat flour. Using a spatula, mix thoroughly. Once combined, add in the beaten eggs, maple syrup, and vanilla extract. Mix the batter until evenly combined. Gently fold in the chocolate chips.
6. Using a small muffin scoop or tablespoon, scoop the cookie dough into portions, each measuring about 1.5 tablespoons, and space evenly on the prepared baking sheet. Leave the dough mounded – do not flatten. Bake for 10-12 minutes.
7. 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

20 servings per container

**Serving size** 1 cookie (35g)

**Amount Per Serving**

**Calories** 140

**% Daily Value\***

**Total Fat** 7g 9%

Saturated Fat 1.5g 8%

*Trans* Fat 0g

**Cholesterol** 20mg 7%

**Sodium** 95mg 4%

**Total Carbohydrate** 16g 6%

Dietary Fiber 2g 7%

Total Sugars 7g

Includes 7g Added Sugars 14%

**Protein** 4g 8%

Vitamin D 0.1mcg 0%

Calcium 30mg 2%

Iron 1.3mg 8%

Potassium 40mg 0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, EGG, SOY



[goldringcenter.tulane.edu](http://goldringcenter.tulane.edu)



@culinarymedicine



Goldring Center for Culinary Medicine

