

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!

YIELD 22 SERVINGS	PREP TIME 30 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

1 ½ cups	Sunflower Seeds, raw, unsalted
2 cups, divided	Quick Oats, gluten free
1 tsp	Baking Soda
¼ tsp	Kosher Salt
2 each	Eggs, large
½ cup	Maple Syrup
2 tsp	Vanilla Extract
1/3 cup	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.
2. Preheat oven to 325°F.
3. 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.
4. Add one cup of oats to a blender. Blend the oats until an oat flour forms, scrap down the sides as needed. Remove and set aside.
5. Add the sunflower seeds into the blender, and blend on high until a uniform powder is created. DO NOT over blend. Scrape the sides of the blender as needed to combine the sunflower flour.
6. In a large bowl, mix 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 the batter until evenly combined. Gently fold in the chocolate chips.
7. 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 of batter.
8. 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 per container

Serving Size 1 cookie (32 g)

Amount per serving

Calories 130

% Daily Value *

Total Fat 6g 8%

Saturated Fat 1.5g 7%

Trans Fat 0g

Cholesterol 15mg 6%

Sodium 85mg 4%

Total Carbohydrate 15g 6%

Dietary Fiber 1g 4%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 4g 8%

Vitamin D 0.09mcg 0%

Calcium 10mg 0%

Iron 0.99mg 6%

Potassium 53mg 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.

Recipe by Health meets Food, "Green Sunflower Cookies (Gluten Free)", 5/9/22



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