



# SUNFLOWER THUMPRINT COOKIES

YIELDS 15 COOKIES

## Ingredients

- 1 egg
- 1 cup sunflower seeds unsalted
- 1 cup rolled oats
- 2 tbsp cornstarch
- $\frac{1}{2}$  tsp baking powder
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  cup maple syrup or honey
- 2 tbsp coconut oil room temperature, not melted
- 1 tsp vanilla
- $\frac{1}{3}$  cup jam or jelly

## Directions

- Preheat the oven to 350 degrees F and line a baking sheet with parchment.
- Add sunflower seeds and oats to a food processor or blender. Pulse until it forms a fairly fine flour. Add cornstarch, baking powder and salt to the food processor and pulse to combine.
- Combine egg, maple syrup, vanilla and coconut oil to a medium bowl, stir to combine. Add the dry ingredients to the bowl of wet ingredients and stir to combine. If it's difficult to stir, use your (gloved) hands to combine everything together.
- The cookie batter should be thick and hold together, it shouldn't be runny. If needed add a bit more oats or water until it reaches the desired consistency.
- Use the purple scoop to portion dough onto the prepared baking sheet. Use your (gloved) thumb or the end of the portion scoop to make an indentation in the center of each cookie. Fill each cookie with about 1 teaspoon of jelly/jam (the indent should be filled level with the edges of the cookie).
- Bake the cookies for about 15 minutes, until the edges just begin to brown and the cookies are set.