

Sunflower Cookies

These signature sweet, sunflower cookies are delicious any time of day and are packed with magnesium, B vitamins, and protein – all extremely beneficial to girls and women. They are inspired by the sunflower cakes Native warriors relied on for strength and endurance.

- ✓ 1 cup nut butter, or Sunny Butter
- ✓ ¼ cup maple syrup or honey to taste
 - ✓ Pinch of salt
 - ✓ ¼ cup cornmeal

Preheat the oven to 350°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 the cookies until just firm, about 8 to 10 minutes. Remove and set on a rack to cool. Makes about 1 dozen cookies.

Sunny Butter

Use this delicious spread in cookies and granola, and as the base for several spreads. Store it in a covered container in the refrigerator for about a month.

- ✓ 4 cups unsalted toasted sunflower seeds
- ✓ 2 teaspoons smoked salt or coarse salt to taste
 - ✓ 2 cups honey or maple syrup

Working in batches, put 1 cup of the sunflower seeds into a food processor fitted with a sheet blade and grind. Add ½ teaspoon salt and ½ cup of the honey or maple syrup and process until a ball forms. Remove and repeat. Makes about 5 cups.