

Sunflower and Cranberry Cookies

Makes 18 cookies

These simple and delicious cookies require no special equipment to make and are fun to make with kids. Sunflowers have often been referred to as "fourth sister," and were used in many ways by the nations of Turtle Island. Sunflowers are also a symbol of courage. Warriors would carry sunflower cakes for strength and endurance. This recipe was adapted from Chef Sean Sherman's book *The Sioux Chef's Indigenous Kitchen*.

1/2 cup unsalted sunflower seeds
1 cup sunflower butter
1/4 cup pure maple syrup
2-3 tablespoons dried cranberries, finely chopped
Pinch kosher salt

Pre-heat oven to 350°F. Line a baking sheet with parchment paper or a silicone mat.

Add the sunflower seeds to a food processor and pulse until they're finely chopped but still a bit chunky. Or chop them roughly with a knife. Remove to a shallow bowl.

In medium mixing bowl combine the sunflower butter, maple syrup and the dried cranberries. Stir to combine. Add hot water by the tablespoon if the mixture becomes too thick.

Roll into small balls, about the size of a tablespoon, then roll in the sunflower seeds.

Place the balls on the baking sheet and flatten slightly.

Bake for 10-12 minutes. Cool and serve.