

Sunflower Oatmeal Cookies

½ cup sunflower oil 1 cup oat flour
½ cup honey ¾ cup oatmeal
1 egg ¼ tsp salt
¼ cup sunflower seeds ⅛ tsp vanilla

Blend oil and honey, then beat in egg. Add seeds, flour, oatmeal, salt, and vanilla. Drop by teaspoons (it will be runny) onto greased cookie sheets. Bake at 350° for 12-14 minutes.

Adapted from *Golden Harvest Sunflower Seed Recipes* (1972).