## Sunflower Butter Chocolate Chip Cookies

By Lisa Woodruff at <a href="https://www.lisawoodruffnutrition.com">www.lisawoodruffnutrition.com</a>

Prep time: 15 minutesCook time: 40-45 minutesTotal time: 55-60 minutes

No nuts | No fish | No sesame

## **Ingredients:**

- 1 cup butter, softened
- 1 cup sugar
- 1 cup brown sugar, lightly packed
- ¾ cup no-sugar-added sunflower butter
- 2 eggs
- 2<sup>2</sup>/<sub>3</sub> cup flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 teaspoons vanilla
- 1 cup semi-sweet chocolate chips
- ½ cup sunflower seeds (optional)



Contains eggs, soy (chocolate chips), wheat (flour), and milk (butter, chocolate chips)

Sunflower butter may contain soy.

Allergy-friendly Substitutions:

- No eggs: substitute ½ cup applesauce for eggs
- No wheat: use wheat-free/glutenfree all-purpose flour blend
- No milk: use Crisco or nondairy margarine instead of butter AND use milk-free chocolate chips, such as Enjoy Life
- No soy: use a soy-free sunflower butter AND soy-free chocolate chips, such as Enjoy Life

## **Instructions:**

- 1. Wash hands with soap and warm water. Gather ingredients and supplies.
- 2. Preheat oven to 350°F.
- 3. In a large mixing bowl, cream butter with sugars and sunflower butter on medium speed. Add eggs and mix until evenly distributed.
- 4. In a medium bowl, whisk flour, baking soda, and salt. Add flour mixture slowly into creamed mixture. Add vanilla. Gently fold in chips and sunflower seeds (if using).
- 5. Use a small ice cream scoop or large tablespoon to drop rounded dough onto ungreased 13x18-inch baking sheets.
- 6. Bake at 350°F for 11-13 minutes, or until edges of cookies are golden brown. Cool cookies on baking sheet for 5-10 minutes, then remove to wire cooling rack.

