

# Sunbutter Oat Cookies

4 ingredients · 15 minutes · 8 servings



## Directions

---

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a bowl, mix the sunflower seed butter and egg together. Then add sugar and oats until thoroughly combined.
3. For each cookie, scoop one tablespoonful of the dough onto the baking sheet and flatten gently with a fork. Bake for 10 minutes. Let cool slightly before serving.

## Notes

---

### No Sunflower Seed Butter

Use tahini, peanut butter, almond butter or any alternative nut or seed butter instead.

### No Coconut Sugar

Substitute 1:1 with brown sugar, date sugar, white sugar or stevia instead.

### Storage

Refrigerate in an airtight container up to five days, or in the freezer for up to three months.

### Serving Size

One serving is equal to approximately two cookies.

## Ingredients

---

**1 cup** Sunflower Seed Butter

**1** Egg

**1/4 cup** Coconut Sugar

**3/4 cup** Oats (large flake)