



LeiHall Farm Recipes

Banana Sunflower Seed Cookies

- 1/2 cup oil
- 2 medium bananas, very ripe
- 1/2 cup sugar
- 1-1/2 cup flour
- 1 cup sunflower seeds
- 1 tsp baking soda

Preheat oven to 350°. Peel and mash bananas. In large bowl, beat oil, bananas, and sugar. Mix flour with sunflower seeds and soda. Add dry ingredients to banana mixture and stir until thoroughly mixed. Drop dough by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet.

Bake about 15 minutes, until edges are golden brown. Yield: about 3 dozen cookies