

Gem of Dhamma Cookies

No. of people: 50

Sunflower Seeds 5 cups

Oats 5 cups

WW Flour 5 cups

Canola Oil 2½ cups

Salt ½ tsp

Cinnamon ½ Tbsp

Maple Syrup (cups) 2½ cups

OR *use sugar and water instead of maple syrup*

Sugar 2½ cups

Water ½ cup

Directions:

Oil baking trays. Preheat convection oven to 350°.

Grind sunflower seeds and oats in robot coupe – use the bowl with the blade. Grind a little at a time, not filling the bowl more than one third full.

Combine all dry ingredients in a large bowl and mix well with a wire whisk.

Combine wet ingredients in a separate container with a whisk.

Add wet ingredients to dry ingredients.

Use ice cream scoops from drawer in baking table to form cookies. Place the cookies on the oiled trays.

Press slightly in the middle of the cookie with a spoon or clean thumb, making a depression. Fill with jam, using different colors if available.

Bake at 350° for 17-20 minutes, until edges and bottoms are light brown.