

Sunflower Seed Cakes

Makes 15 small cakes

Recipe

- 8 oz. Unsalted Sunflower Seeds
 - 8 oz. Water
 - 3 TBSp. White Cornmeal [2TBSp. Almond Flour and 1 TBSp. Coconut Flour].
 - 2Tbsp. Oil or Butter for frying
1. Place sunflower seeds and water in small pot, cover and simmer for 1 hour. [If you have an InstantPot, you can speed this up by using the Soup/Broth setting for 15mins].
 2. Drain and grind sunflower seeds. [you can use a mortar and pestle or a pastry blender/cutter. You could even use a zip-top bag and meat tenderizer. Basically, you are making it into a mushy paste.]
 3. Slowly add in the cornmeal until the mixture resembles a stiff dough.
 4. Let cool completely, then form into patties, similar to a small hamburger.
 5. Heat Oil or Butter in skillet. Fry 2-3 minutes on each side until brown.
 6. Enjoy!

Recipe adapted from *Indian Recipes*. (1992). Bismark, ND: United Tribes Technical College.



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