

Sunflower Cookie

Ingredients	Grams	Baker's %
Pea Protein Concentrate	23	12
Water at 75°C	67	34
Vanilla	4.0	2.0
Shortening	89	45
Margarine	114	57
Sugar	215	108
Brown sugar	110	55
All purpose flour	200	100
Baking soda	6.0	3.0
Salt	3.1	1.6
Oatmeal	90	45
Sunflower seeds	40	20
Chopped butter scotch	60	30

Procedure:

1. Mix pea protein concentrate with water and vanilla extract.
2. Cream pea protein concentrate mixture, with shortening, margarine, and sugars.
3. Add the rest of dry ingredients.
4. Fold sunflower seeds in and butter scotch.
5. Bake at 350°F for 11 minutes.

Nutrition Facts	
Serving Size (40g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 1g	
Cholesterol 5mg	2%
Sodium 160mg	7%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 2g	
Vitamin A 4%	Vitamin C 0%
Calcium 0%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 85g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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