



Nora Mill Granary
7107 South Main Street
Helen, GA 30545

706-878-2375
noramill.com

Nora Mill Whole Sunflower Seeds

Whole Sunflower Seeds

INGREDIENTS: Shelled sunflower kernels.

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Shop online @ www.noramill.com

Ashley's Snack Mix

1/2 Cup Nora Mill Sunflower Seeds
1/2 Cup Nora Mill Wheat Germ
1 Cup Nora Mill Rolled Oats
1 Cup toasted oat cereal
1/2 Cup shredded coconut
1/2 Cup whole unsalted almonds
1/2 Cup raisins
1/2 Cup cranberries or cherries
1/2 Cup honey
1/4 Cup light corn syrup
1/4 Cup vegetable oil
1 tsp. vanilla extract
1 tsp. almond extract

Preheat oven to 325° F. In a large bowl, stir together first 8 ingredients. In a medium bowl, use medium speed of an electric mixer to beat remaining ingredients until well blended. Pour honey mixture over dry ingredients, stirring until well coated. Spread evenly on a greased baking sheet. Bake 20 to 25 minutes, stirring occasionally, until brown. Cool completely into pieces. Store in an airtight container.

Makes about 5 1/2 cups snack mix.





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Nora Mill Whole Sunflower Seeds (continued)

Sunflower Cookies

- 1 Cup sugar
- 1/2 Cup brown sugar, packed
- 1 1/2 Cups butter, softened
- 1 egg, well beaten
- 3 Cups all-purpose flour
- 1 tsp. baking soda
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1 1/4 Cups shredded coconut
- 1 1/4 Cups Nora Mill Sunflower Seeds, lightly toasted

Preheat oven to 350° F. Cream sugars and butter and add egg. Mix well. Add flour, baking soda, baking powder and salt. Add coconut and sunflower seeds. Mix well. Shape into one inch balls and bake on ungreased cookie sheet for 15 minutes or until delicately browned.

Toasted Sunflower Seeds

Place the seeds in a small, dry, heavy frying pan over moderate heat and stir until they are aromatic, 1 – 2 minutes. Salt if desired. Cool slightly before using.

Blueberry & Sunflower Muffin.

- 1 stick (1/2 cup) unsalted butter, melted and cooled
- 1/2 Cup milk
- 2 large eggs, beaten lightly
- 1 1/2 Cups all-purpose flour
- 3/4 Cup sugar
- 2 tsp. double-acting baking powder
- 1/4 tsp. salt
- 1/2 Cup Nora Mill Wheat Bran
- 3/4 Cup Nora Mill Sunflower Seeds, lightly toasted
- 1 1/2 Cups blueberries, picked over (thaw if frozen)

In a bowl, whisk together butter, milk, and eggs. In a large bowl, stir together flour, sugar, baking powder, salt, Nora Mill Wheat Bran and Nora Mill Sunflower Seeds. Add the butter mixture, stir batter until just combined and gently fold in blueberries. The batter will be thick and lumpy. Divide the batter among 12 well greased muffin tins and bake in preheated 425° F oven for 20 to 25 minutes, or until they are golden. Remove from pans right away and cool on a cookie rack.

To maintain the flavor and nutritive qualities of whole grains, they should be kept in airtight containers in the refrigerator or freezer.

