

THREE SISTERS SPICE COOKIES

Yield 24 cookies

These soft and moist cookies pay homage to the time-honoured Indigenous companion planting method using corn, beans and squash. The black beans can be easily mistaken for chocolate chips! These cookies are vegan and can be made gluten free by substituting the flour for an equal amount of gluten free flour. I cook squash with just enough water to cover, until easily pierced with a fork, then drain and puree. Canned pumpkin is great, too!

Ingredients:

½ cup soft vegan margarine or sunflower oil	
½ cup granulated sugar	1 tsp cinnamon
½ cup brown sugar	½ tsp ground ginger
1 ½ cups squash or pumpkin puree	½ tsp salt
1 tsp vanilla	1 tsp baking soda
1 cup all-purpose flour	1 tsp baking powder
1 cup whole wheat flour	1 cup cooked black beans, rinsed and
½ cup cornmeal	chopped

For Cinnamon Sugar Coating:

1 cup granulated sugar
1 tsp cinnamon

To Make:

- 1) Combine margarine or oil, granulated sugar, brown sugar, squash puree and vanilla in a medium bowl and mix until light and creamy.
- 2) In a large bowl, mix all-purpose flour, whole wheat flour, cornmeal, salt, cinnamon, ginger, baking soda and baking powder.
- 3) Add wet ingredients as well as black beans to dry ingredients in bowl.
- 4) Scoop by tablespoonful, roll into a ball and coat with cinnamon sugar mixture. Flatten between palms and place on a parchment-lined baking sheet and bake at 350 F approximately 12 minutes.

Recipe courtesy of Chef Jennifer Lessard, Inspired by Nature Culinary Consulting.

This recipe is authorized for use ONLY with schools. This recipe should not be shared outside of the Come to the Table: Exploring School Food Together Gathering Oct 27-28, 2022 and is not to be used commercially.