

SUNFLOWER SEED BRITTLE

Satisfy your snack tooth with a buttery sweet and crunchy nut-free brittle made with roasted sunflower seeds.



INGREDIENTS

- 1 tablespoon unsalted butter
- 1 cup dry roasted sunflower seeds
- ¼ teaspoon salt
- 1 cup sugar

DIRECTIONS

1. Butter a baking sheet and set aside.
2. Melt butter in a small saucepan, add seeds and salt. Stir to toast seeds. Once toasted, set aside and keep warm.
3. Melt sugar in another small saucepan, stirring constantly until golden. Mix in seed mixture and stir to coat. Pour onto the baking sheet and spread.
4. Let cool and then break into pieces. Will store for up to 2 weeks.

MAKES 6-8 SERVINGS





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Agriculture Commissioner
Doug Goehring