

SUNFLOWER SEED BUTTER

Spread the joy with day-brightening sunflower seeds blended into a creamy, dreamy nut butter alternative.



INGREDIENTS

- 3 cups raw sunflower seeds
- 2 teaspoons cinnamon (optional)
- 1 pinch of sea salt
- 2-3 teaspoons melted refined coconut oil or avocado oil, as needed
- honey (optional)

DIRECTIONS

1. Preheat oven to 350° F.
2. In a large bowl, toss raw sunflower seeds with cinnamon or spice of choice. Spread on a baking sheet and toast for 20 minutes. To evenly toast, stir seeds at 10 minutes. Remove from oven when golden brown.
3. In a food processor, blend toasted seeds on high for 1 to 2 minutes, or until a mealy texture forms. Scrape down the sides of the processor and continue blending at medium to high speed for an additional 7 to 10 minutes, or until a thick paste forms.
4. Blend in optional sweetener (honey). For a smoother spread, gradually add 2 to 3 teaspoons of melted refined coconut oil or avocado oil until desired consistency is achieved.

MAKES 1.5 CUPS





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