



Sun Butter

Serving Size: 3 Tbsp

Number of Servings: 32 Servings

Meal Pattern Contribution: 1.5 oz meat/meat alternate

Source: New Hampshire Indigenous Calendar

Ingredients:

- 4 cups roasted sunflower seeds
- 2 tbsp pure maple syrup
- 2 tsp vanilla extract
- 2 tsp sea salt, if using unsalted seeds

Instructions:

1. Place the sunflower seeds in your food processor, and process for 9-10 minutes.
2. If the mixture is dry and thick after 10 minutes, process a little longer. It may take up to 15 minutes for the sunflower seed oil to release and thin out.
3. Once the sunbutter has reached the desired consistency, add maple syrup, vanilla, and sea salt. Give the food processor a few more pulses to combine, then turn off the machine. Remove the sun butter with a spatula.
4. Sun butter can be stored in an air-tight container at room temperature for about a week. It can be kept in the refrigerator for longer storage.

Did You Know...



The sunflower originated in North America. It is thought that these plants were grown as early as 3000 B.C.!



Sunflower seeds are encased in a black and white hull, which is inedible. This hull is often used for making sunflower oil.



Sunflowers originate in North America. It is thought that they have been around for 5,000 years



The tallest sunflower ever was 30 feet tall. Check the 2014 Guinness Book of World Records!



Sunflower seeds are full of antioxidants, which help to fight chronic disease.



Thanks to their vitamin E and magnesium content, sunflower seeds may help to lower blood pressure.