

Sunbutter Recipe

Yield: 2 1/2 cups of sun butter

Ingredients

3 cups unroasted, unsalted sunflower seeds

1 Tablespoon sugar

1/2 teaspoon salt

1 Tablespoon olive oil



Note: do not use roasted sunflower seeds, because their moisture has been released through the roasting process.

Instructions for Adults

- Help children measure recipe ingredients.
- Assist with the use of food processor.

Instructions for Kids

- Add sunflower seeds to food processor with sugar and salt.
- Process for 8 to 10 minutes, until oils release from the seeds and a smooth butter begins to form.
- Add olive oil and process for 1 minute more.
- Serve immediately. Will keep in an airtight container in the refrigerator for a few weeks.

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