



Sunflower Seed Butter Recipe

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, which will not yield sun butter*

Instructions for kids

Add sunflower seeds to food processor with sugar and salt. With help from an adult, process for 8-10 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 for a few weeks in refrigerator.

Find more recipes at: www.foodliteracycenter.org