



# Super Seedy Sunflower Butter

By The Minimalist Baker

Prep time: 10 min. Cook time: 15 min. Total time: 25 min

Serves: ~1 2/3 cups (13 2-Tbsp servings)

## Ingredients

- 3 cups (336 g) raw sunflower seeds (if roasted, skip the roasting step!)
- 1/4 tsp sea salt (more or less to taste)
- 1 Tbsp. (12 g) chia seeds
- 1 Tbsp. (7 g) flax seed meal
- 1 Tbsp. (10 g) shelled hemp seeds
- 1 Tbsp. (4 g) roasted unsalted pumpkin seeds
- *optional*: 1-2 tsp coconut sugar or stevia to sweeten

## Instructions

1. If your sunflower seeds are roasted (select unsalted if possible), skip this step. Otherwise, preheat oven to 350 degrees F (176 C) and spread sunflower seeds on a baking sheet.
2. Roast for 10-15 minutes, stirring/turning the pan occasionally, until fragrant and light golden brown.
3. Add roasted sunflower seeds to a food processor (or high speed blender) and blend until a butter forms, scraping down sides as needed. It should take about 5-7 minutes. Resist the urge to add any additional oil (and especially not water, as it will cause the butter to seize up).
4. Add salt, chia seeds, flax seed, hemp seed, and pumpkin seeds and mix/pulse to combine. Taste and adjust flavor as needed, adding more salt, or a bit of sweetener of choice if desired (avoid using liquid sweeteners, as they can cause the butter to seize up and lose its form).
5. This spread is perfect for toast, baked goods, waffles, pancakes and more! Store at room temperature for 1-2 weeks, or in the refrigerator up to 1 month!

### Notes

\*Nutrition information is a rough estimate for 1 of 13 (2 Tbsp) servings.

### Nutrition Information

Serving size: 2 Tbsp Calories: 162 Fat: 14 g Saturated fat: 1.3 g Carbohydrates: 5.7 g Sugar: 0.7 g Fiber: 2.6 g Protein: 5.8 g