



Sunflower Butter from Tori Avey

Ingredients-serves 16 cook time 45 min

- 4 cups raw unsalted sunflower seeds, shelled
- 5-9 tsp sunflower oil (or any mildly flavored non-solid vegetable oil like grapeseed), amount may vary
- 3 tbsp honey (or to taste) - for vegan use agave nectar or your favorite sweetener
- 1/4 tsp sea salt (or to taste) (heaping)

Recipe Notes

You will also need: Sheet tray, food processor

Instructions

1. Preheat oven to 350 degrees F. Spread the sunflower seeds evenly across a sheet tray and roast until lightly browned and fragrant, stirring occasionally, for about 20-25 minutes. Be sure to check on them often to avoid burning.
2. Allow the sunflower seeds to cool to room temperature. In a food processor, combine the roasted sunflower seeds with the honey and salt (use more or less salt and honey to taste, if desired).
3. Begin processing the seeds. At first the nut butter will clump together in pieces.
4. Add the oil 1 tsp at a time, smoothing out the butter and processing frequently, until you reach your desired consistency. Scrape down the sides of the processor as necessary. I like my sunflower butter on the soft, semi-goopy side, so I tend to use more oil. This also helps to keep the butter moist when it is refrigerated. You can use less oil for a thicker, drier butter if you prefer. Continue processing until smooth.
5. Store your sunflower butter in an airtight container in the refrigerator (I use a mason jar). Use it within a month for freshest taste. As with most natural nut and seed butters, some oil may separate from the butter over time. If this happens, just use a spoon to mix the oil back into the butter.
6. Note - if making this for somebody with a nut allergy, make sure you buy sunflower seeds that were not processed on equipment with tree nuts. Also, make sure your kitchen appliances and surfaces have been fully cleaned to avoid contaminating the batch with nut residue. Nut allergies are nothing to mess around with! Before serving to somebody with allergies, make sure that they do not have a sunflower seed allergy. This is much less common than nut allergies, but it does exist. Always best to be safe!