

# Sunflower Seed Butter Many Ways

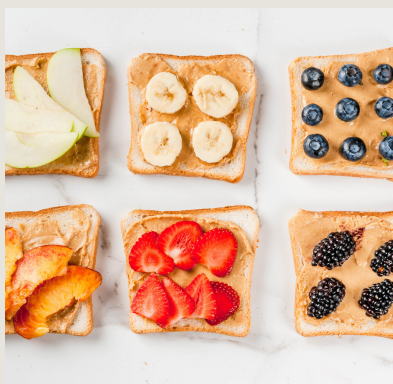
Sunflower seed butter is made from sunflower seeds and is an allergy-friendly option in place of peanut butter for people with peanut allergies. Sunflower seed butter has fiber, which keeps you full longer, and vitamins and minerals to keep your body healthy. Sunflower seed butter is also high in protein, which helps your body repair, replace and grow muscles, hair, nails, skin and more. Here are some tasty ways to enjoy sunflower seed butter:

## ADD IN A SMOOTHIE



Add protein and flavor to any smoothie by adding a tablespoon of sunflower seed butter. Try a spinach smoothie with banana, your favorite berries(s) and sunflower seed butter.

## SPREAD OVER WHOLE GRAIN TOAST



Spread sunflower seed butter over whole grain toast and top with fruit for a healthy breakfast.

## USE AS DIP WITH APPLES



Cut apples into slices and dip in sunflower seed butter for a filling snack.

## MIX INTO OATMEAL



Add healthy flavor to your oatmeal bowl by adding a tablespoon of sunflower seed butter. It will help keep you full for longer.

## MELT AND DRIZZLE OVER POPCORN



Popcorn is a whole grain and a healthy snack. Add a protein boost by melting a tablespoon of sunflower seed butter and drizzling it over the popcorn.

## SUNFLOWER SEED BUTTER BALLS



Roll together oats, sunflower seed butter, honey, and canned cannellini beans for a tasty healthy snack.

See full recipe on  
back!



## SUNFLOWER SEED BUTTER BALLS

Store leftover sunflower seed butter balls in an airtight container in the refrigerator or freezer.



### Ingredients:

- 1 (15 ounce) can great northern beans (or cannellini), drained and rinsed
- 1/3 cup honey
- 1 tablespoon vanilla
- 1/4 cup natural sunflower seed butter (or peanut butter)
- 1/2 cup quick cooking oats

### Directions:

1. Mash beans with a fork until smooth. Mix in honey and vanilla.
2. Add sunflower seed butter (or peanut butter) and stir until blended.
3. Add oatmeal and mix.
4. Use a tablespoon to scoop out the mixture and shape into balls.
5. Serve and enjoy!

---

## MINI SUNFLOWER SEED BUTTER BANANA BITES



### Ingredients:

- 1 tablespoon sunflower seed butter (or peanut butter)
- 5 whole grain crackers (or mini rice cakes)
- 1/2 banana

### Directions:

- 1) Spread a thin layer of sunflower seed butter on each cracker.
  - 2) Cut banana into 5 slices. Place 1 slice on each cracker.
- Enjoy!