SUNNY HONEY SEED BUTTER
From the Family Garden’s Dig, Plant, Grow Program:
Pollinator Pals - 2014
Makes about 2 cups

Ingredients
4 cups roasted, unsalted 365 Everyday Value® Organic
Sunflower Kernels
2 tablespoons 365 Everyday Value® Organic Light Amber
Mountain Forest Honey
2–4 tablespoons neutrally flavored oil (such as
365 Everyday Value® Expeller Pressed Canola Oil)
1 teaspoon freshly grated ginger
½ teaspoon 365 Everyday Value® Kosher Sea Salt

Instructions
In a large food processor, pulse sunflower seeds until fine,
with a flour-like texture. When the mixture begins to clump
together, slowly add 2 tablespoons of oil to the food processor,
keeping the motor running the whole time. Scrape sides, and
blend for several minutes until drippy and spreadable. Add two
more tablespoons if still dry. Add honey and ginger, and run
processor again. Salt to taste. Store in jar and refrigerate. Use
within three to four weeks.

365 Everyday Value® products are found exclusively at Whole
Foods Market.