

NYBG

EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS



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.