

NYBG

EDIBLE ACADEMY FRESH FROM THE GARDEN TASTINGS



SUNNY HONEY SEED BUTTER

Shared by the Edible Academy's Dig, Plant, Grow program
Yield: 2 cups

Ingredients

- 4 cups Whole Foods Market® Organic Sunflower Seeds, roasted
- 2 tablespoons 365 Everyday Value® Organic Mountain Forest Honey Light Amber
- 2–4 tablespoons neutrally flavored oil (such as 365 Everyday Value® Refined Expellent Free Canola Oil)
- 1 teaspoon freshly grated ginger
- ½ teaspoon 365 Everyday Value® Kosher Sea Salt

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

Instructions

In a 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, 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.

To store, jar and refrigerate for up to three or four weeks.

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