

NYBG

EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS



SUNNY HONEY SUNFLOWER SEED BUTTER

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

Ingredients

- 4 cups sunflower kernels roasted & unsalted*
- 2 Tablespoons honey, such as US Grade A Mountain Forest Honey Light Amber*
- 2–4 Tablespoons canola oil*
- 1 teaspoon freshly grated ginger
- ½ teaspoon 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 of oil 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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