

AGROPHILIA

SUNFLOWER PUMPKIN SEED BUTTER

Preparation 10 mins

Cook Time 15 mins

Total Time 0:25

Serves 16oz jar

INGREDIENTS

- 2 cups sunflower seeds, raw unsalted
- 1 1/2 cups pumpkin seeds, raw unsalted
- 2 tsp coconut oil
- 1 tsp vanilla extract

OPTIONAL

- 3 TBS raw honey or brown rice syrup
- 4 TBS coconut sugar

INSTRUCTIONS

1. Preheat oven to 325F and place seeds on large baking sheet. Spread evenly in one layer and toast for 8-10, or until lightly golden. Let seeds cool in pan for 10 minutes.
2. Place slightly cooled seeds in bowl of food processor and cover with lid. Process for about 10 minutes, scraping down the sides of the bowl periodically if necessary. Add sweeteners here if using and process until smooth.
3. Once seeds have turned into a slightly creamy consistency, with the motor running, add 2 tsp of coconut oil and process the sunflower pumpkin seed butter for another 5 minutes, or until desired consistency.
4. Transfer sunflower pumpkin seed butter to jar with lid. Butter can be stored in fridge or pantry.

RECIPE NOTES

- Refer to images in post for what butter should look like at various stages.
- You can add Roasted Flax seeds to the mix