Homemade Sun Butter

Cook Time: 0 min | prep Time: 0 min | total Time: 0 min | servings: 0

Ingredients:

- 300g raw sunflower seeds
- 1 tablespoon coconut oil
- pinch of sea salt

Instructions:

1. Pre-heat the oven to 350F or 160C. Line a baking sheet with parchment paper or a silicone mat.
2. Spread out the sunflower seeds on the baking sheet, making an even layer. Roast seeds in the oven for 10-12 minutes. Remove from the oven and let it cool for a few minutes.
3. Transfer the seeds to a food processor and start processing, stopping a couple of times to scrape down the sides with a spatula. It will look like a powder, but be patient and keep the processor running. It will then form a ball as the blade turns, which is normal, it will eventually break down. At the this point stop the processor, and add the coconut oil and pinch of salt. Continue processing until the seeds turn into a smooth butter.
4. Enjoy it on some toast or stuffed into a date. Otherwise use it to make Nut-Free Energy Bites.