

# Seed Butter

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Seed butter is a great alternative to expensive nut butter and for those with nut allergies. It's nutritious, high in protein, easy to make and super affordable. There are different seeds you can use and combinations you can make.

## Some types of seeds you can use:

Sunflower

Pumpkin or Pepita

Sesame

Hemp Hearts

You can also use any nut you prefer

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**Ingredients:** Yields about 1.5 cups of butter

2 cups of whatever seed or nut you prefer

That's it!

*optional*

*1/4 tsp salt*

*2-3 tsp sweetener (honey, maple syrup, sugar)*



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## Instructions:

- Preheat the oven to 350°F
- Pour the seeds on a baking sheet. Spread them out into an even layer, and toast the seeds for 8 to 10 minutes, until they smell fragrant and they look slightly oily when you stir them in the pan.
- Remove the pan from the oven and let the seeds cool for at least 10 minutes. (If you pour hot seeds directly into the bowl of a food processor or blender, it could melt the plastic container)
- Once the seeds are warm, but not hot, transfer them to the bowl of a food processor or blender.
- Process for 1 to 2 minutes, and if the seeds start to stick to the walls of your machine, pause the process to scrape them down with a spatula.
- Continue processing for another 2 minutes or so. The seeds will eventually stop climbing the sides of the walls, and will start to stick together, like a thick paste. This is a good sign!
- Continue processing until you see a grainy seed butter starting to form, about 1 to 2 more minutes. You're almost there.
- Process the seeds until it has a smooth spreadable consistency.
- Transfer it to a container and store in the fridge.

## Tips:

Have patience, it will turn into butter, I promise.

Adding a little salt and sugar for a bit of extra flavor but it's delicious as is.

You can add a bit of neutral oil if it's not coming together.

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