AMERICAN · SAUCE

Nut-Free Homemade Sunflower Seed Butter

10 min · Makes 24 × 1 tbsp · 104 kcal a portion · Video 3:45 · Frugal Family Home

Vegan · Gluten-free ingredients · Nut-free

A peanut- and tree-nut-free spread with no added sugar: a tablespoon has about 3 g protein, 1.5 g fibre and 2.5 g net carbs, and is rich in vitamin E and selenium.

Diet notes: Keto (2.4 g net carbs a serve).

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Ingredients

3 · MAKES 24 × 1 TBSP

- [ ] 380 g **roasted salted sunflower seeds** (shelled kernels)
- [ ] 2 tbsp **coconut oil**, melted
- [ ] 1 tsp **vanilla extract**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Put the roasted salted sunflower seeds in a food processor and run it for 1–2 minutes, until they look dry and powdery. 1:04
2. Pour in the melted coconut oil and process for another 2–3 minutes, until the mixture turns sticky, clumps and starts to roll up the sides. 1:35
3. Add the vanilla and keep processing. 2:01
4. Process for 3–5 minutes more, stopping every few minutes to scrape down the bowl, until it is spreadable; keep going if you want it completely smooth. 2:08
5. Spoon into an airtight jar and keep it in the fridge.

> **Tip** Raw seeds work too: toast them in the oven first and add salt to taste, as the cook suggests. Good for nut-free school lunches. Makes about 350 ml.

The method is a summary in our words — the video shows every step.

One portion (1 tbsp) gives you

1 OF 24 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
104 kcal	3.1 g	3.9 g	1.4 g	9.1 g	100 mg
430 kJ	6% of a day	2.4 g net · 0.5 g sugars	5% of a day	1.8 g saturated	5% of a day
		1% of a day		12% of a day	

Energy from net carbs 9% · protein 12% · fat 79% — fits keto: 2.4 g net carbs, 79% of the energy from fat

High in (20%+ of a day) Vitamin E 28% · Selenium 23%

Recipe and video: Frugal Family Home (@frugalfamilyhome) on YouTube — youtube.com/watch?v=RGqP7f61Yzl, published 21 April 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/nut-free-sunflower-seed-butter