



Magnificent Maple and Sunflower Butter Latte for One

By Jacy Shoener

Prep Time 2 / Cook Time 1 / Serves 1 - 1

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

mix: to thoroughly combine two or more ingredients until uniform in texture.

Equipment

- Microwave
- Microwave-safe mug
- Potholder
- Liquid measuring cup
- Measuring spoons
- Small whisk

Ingredients

Magnificent Maple and Sunflower Butter Latte for One

- 1 T Dazzling Drizzle (see recipe)
- 1 C milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk) ****

Food Allergen Substitutions

Magnificent Maple and Sunflower Butter Latte for One

Dairy: Substitute dairy-free/nut-free milk.

Instructions

Magnificent Maple and Sunflower Butter Latte for One

measure + whisk + microwave

Measure and add **1 cup milk** and the remaining **Dazzling Drizzle**, from Sunsational Sunflower Butter and Jam Brownie in a Mug with Dazzling Drizzle recipe, to a microwave-safe mug and whisk. Warm in the microwave for 1 minute and serve.

Featured Ingredient: Sunflower Butter!

Hi! I'm Sunflower Butter!

"I'm a paste made from sunflower seeds and can be a great replacement for peanut butter!"

The first US commercial versions of sunflower butter were developed in the 1980s as an alternative to peanut butter for those with nut or peanut allergies. Those first versions were unsuccessful, resulting in a bitter-tasting product with an unpleasant texture.

In 2002, after researchers with Red River Commodities, a sunflower seed processor, and the Department of Agriculture came up with a sunflower butter that was more like peanut butter, a new commercial product, SunButter, from its subsidiary, SunGold Foods, Inc., was introduced.

If you grow sunflowers, the seeds are ready to harvest when the large flower head, the petals, and the leaves have turned yellow-brown. The seeds should also look loose and plump. Cut off the stalk about a foot below the flower and put it in a bucket or other container to catch any loose seeds. Hang your flower stalks in bunches for about 4 to 5 days to allow the seeds to dry. Remove the seeds by rubbing two heads together, rubbing the seeds with your hand or the top of the bucket, or using a stiff brush. Rinse the seeds, removing any petals or other flower material. Allow the seeds to dry overnight.

Sunflower butter has less saturated fat and more monounsaturated fat than peanut butter. Sunflower butter contains a little less protein than peanut butter.

An allergic reaction to sunflower seeds and butter is uncommon but possible. Check labels to ensure the sunflower butter brand you purchase was produced in a nut/peanut-free facility.