

Nut-Free Sunflower Nutella

Prep Time: 15 minutes
Servings: 2 Cups



The Ingredients

- 2 cups raw sunflower seeds, toasted
- 1 1/2 tablespoons pure vanilla extract (use less if you want)
- 1/4 cup cocoa powder
- 1/4 cup plus 3 tablespoons maple syrup (may sub agave or honey)
- 1/4 teaspoon salt
- 2-3 teaspoons coconut oil or vegetable oil, optional (for extra smoothness)
- 1/2 cup milk, dairy or nondairy

Directions

- In a medium non-stick pan, toast sunflower seeds over medium-high heat. Stir frequently to avoid burning. Remove from heat and allow to cool to room temperature before using.
- In the bowl of a food processor, chop toasted sunflower seeds, stopping intermittently to scrape down the sides of bowl. Continue two to three minutes until seeds have turned into a thick, creamy butter.
- Add in remaining ingredients and blend for an additional four to five minutes or until smooth and creamy.
- Store in airtight container up to 30 days in the fridge.