

How To Make Sunbutter

Hands-on 15 minutes Overall 15 minutes

Nutritional values (per 2 tbsp, 32 g / 1.1 oz): Total carbs: 5.8 g, Fiber: 2.5 g, **Net carbs: 3.3 g**,

Protein: 6.1 g, Fat: 17.3 g, Calories: 191 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes ~ 1 1/2 cups / 370 g / 13 oz)

2 1/2 cups unsalted [sunflower seeds](#) (350 g/ 12.3 oz)

2 tbsp [extra virgin coconut oil](#) or macadamia oil or walnut oil (if not allergic to nuts)

optionally: 1-2 tsp [vanilla powder](#) or [cinnamon](#) and 1/4 tsp salt (I like [Pink Himalayan](#))

Instructions

1. Place the sunflower seeds in a food processor (I use this [Kenwood mixer](#) with a food processor attachment that includes the "S blade"). *Tip: Try toasting the seeds to enhance flavour. Preheat the oven to 175 °C/ 350 °F. Spread the sunflower seeds on a baking sheet. Place in the oven and toast for 5-8 minutes until light golden. Mix once or twice to prevent burning.*
2. Start processing until desired consistency is reached. At first, it will be dry and powdery - be patient and keep blending. Here's how it looks after 40 seconds ...
3. ... After 1 1/2 minutes ...
4. And after 5 minutes... Scrape the processed seeds from the sides as often as needed (I did this four times). Add 2 tablespoons of coconut oil and pulse for another 30-60 seconds.
5. When done, the butter should be smooth like this. Place it in a container and store at room temperature for up to a week or in the fridge for longer (I keep mine for up to a month).

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