

PEANUT
FREE



Peanut Free and Tree Nut Free Snack Recipes



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SCHOOL SAFE



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FREE FROM THE TOP 8 FOOD ALLERGENS

SunButter Sunflower Butter is the leading peanut free solution that provides great nutrition and is free from the top 8 food allergens.* SunButter is made from specially roasted sunflower seeds and is processed in a strictly peanut and tree nut free facility. Each of the snacks in this recipe book is peanut and tree nut free, delicious, and school safe! We've created this recipe book to help provide you with peanut and tree nut free snacks that can be shared at almost any activity or event, or enjoyed as a tasty treat at home!

*OUR ALLERGY PROMISE

In January 2016, SunButter began dry roasting sunflower kernel on new, top of the line roasting equipment. SunButter Sunflower Butter will now be produced in one continuous process from field to table that will ensure a fresh roasted flavor, improved product consistency, and a finished product that is free from all of the top 8 food allergens– Peanuts, Tree Nuts, Milk, Eggs, Wheat, Soy, Fish and Shellfish. SunButter has always been free from 7 of the top 8 food allergens, but only product with new packaging is free from the top 8. All SunButter products are clearly labeled for common food allergens, and we advise you to look for the “Now Soy Free” burst.



SUNBUTTER PACKS A NUTRITIONAL PUNCH

SunButter has just as much protein as the leading brand of peanut butter, but with one-third less saturated fat, absolutely no trans fats, less sodium, and less sugar! One serving of SunButter provides more vitamin E, twice as much fiber and zinc, and nearly triple the iron than is provided by one serving of peanut butter! Try our new On the Go Single Cups, these 1.5 oz. cups provide 9 grams of protein per serving!

www.SunButter.com

NOTE: Check packages to ensure all ingredients you use when making these recipes are made in a peanut and tree nut free facility.

This popular recipe is now peanut free! Enlist your kids to help shake up a batch.

1 cup semi-sweet chocolate chips*

1/2 cup SunButter® Creamy (or any smooth variety)

1/2 cup butter (1 stick) cut into pieces

2 cups powdered sugar

6 cups Rice Chex® or Crispix® cereal*

**Check package to ensure ingredient was made in a peanut and tree nut free facility.*

Makes 18 Servings

Start To Finish

15 Minutes

Nutrition Facts

Calories 220, Calories from Fat 100, Total Fat 12g,
Saturated Fat 5g, Trans Fat 0g, Cholesterol 15mg,
Sodium 150mg, Carbohydrates 29g,
Dietary Fiber 2g, Sugars 19g, Protein 3g,
Vitamin A 6%, Vitamin C 4%,
Calcium 4%, Iron 20%.



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Sunny Chow

1 In medium microwavable dish, combine chocolate chips, SunButter and butter pieces. Microwave on High 1 minute. Carefully remove from microwave and stir. Continue microwaving on High in 30 second increments, stirring after each 30 seconds, until mixture is smooth.

2 Pour powdered sugar into large zip-lock bag or clean paper bag, set aside.

3 In large mixing bowl, add cereal, pour melted SunButter mixture over cereal, and stir until all cereal pieces are coated.

4 Pour coated cereal into bag with powdered sugar, seal bag and shake until all cereal pieces are coated. Spread on wax paper to cool.

5 Store in airtight container in refrigerator.



*A new twist on granola, delicious all on its own,
but even better on yogurt with fresh fruit.*

1/2 cup uncooked quinoa*

**1/4 cup roasted, unsalted
sunflower seeds***

1 tablespoon butter or coconut oil

**2 tablespoons SunButter® Natural
Crunch (or variety of your choice)**

1/4 cup maple syrup

1/2 teaspoon cinnamon

**Check package to ensure ingredient was made in a
peanut and tree nut free facility.*

Makes 12 Servings

About 2 Tablespoons Each

Start To Finish

30 Minutes plus 60 Minutes Quinoa Drain Time

Nutrition Facts

Calories 100, Calories from Fat 50, Total Fat 6g,
Saturated Fat 1.5g, Trans Fat 0g, Cholesterol 0mg,
Sodium 10mg, Carbohydrates 11g, Dietary Fiber < 1g,
Sugars 4g, Protein 3g, Vitamin A 0%,
Vitamin C 0%, Calcium 2%, Iron 4%.



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4 SunButter Snack Mixes, Granola & Yogurt



Quinoa Crunch

1 Soak quinoa in hot water for 10 minutes until just beginning to soften, then place in fine mesh strainer for at least 60 minutes. Shake and blot bottom of strainer with paper towels often to remove as much water as possible, quinoa should feel just slightly moist.

2 Heat oven to 350°F. Lightly grease a baking sheet with cooking spray, then line with parchment paper. Set aside.

3 In small bowl combine quinoa and sunflower seeds, tossing until well mixed.

4 In small microwave safe dish, combine butter or coconut oil and SunButter, heat on High for 30 seconds until soft and blendable. Stir until coconut oil is melted and mixture is well combined. Add to dried quinoa, stirring until well combined. Stir in maple syrup and cinnamon, mixing again until well combined.

5 Using a spatula, evenly spread mixture onto prepared baking sheet in a thin layer (about a 1/3-inch thick). Bake for approximately 25 minutes until crisp (check it often after the 20 minute mark). Allow to cool completely, then break up with your hands.

6 Store in airtight container to enjoy on its own, or as a topping for yogurt.



Make this festive popcorn mix with chocolate and SunButter. Tasty and colorful, make it the star attraction at your next movie night.

SUNBUTTER POPCORN

1-1/3 cups sugar

1-1/3 cups light corn syrup

1-1/3 cups SunButter®, any smooth variety

2 bags of popped microwave popcorn or
pop 2/3 cup popcorn kernels on stove top*

CHOCOLATE POPCORN

1-1/3 cups sugar

1/2 cup light corn syrup

1 cup (2 sticks) butter

1/3 cup cocoa powder*

1 teaspoon vanilla

2 bags of popped microwave popcorn or
pop 2/3 cup popcorn kernels on stove top*

**Check package to ensure ingredient was made in a
peanut and tree nut free facility.*

Makes 18 Servings

About 1 Cup Each

Start To Finish

30 Minutes

Nutrition Facts

Calories 540, Calories from Fat 210, Total Fat 24g, Saturated
Fat 9g, Trans Fat 0g, Cholesterol 30mg,
Sodium 320mg, Carbohydrates 75g, Dietary Fiber 6g,
Sugars 47g, Protein 8g, Vitamin A 8%,
Vitamin C 0%, Calcium 2%, Iron 10%.

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Popcorn Mix

1 SUNBUTTER POPCORN – Pop popcorn according to package directions and pour into large bowl. Try to remove any un-popped kernels if possible.

2 In medium pan, combine sugar and corn syrup and cook over medium high heat until it just barely begins to boil. Remove pan from heat. Stir in SunButter until melted.

3 Remove from heat and pour over popcorn. Stir quickly until all popcorn is coated. Set aside to cool.

4 CHOCOLATE POPCORN – Pop popcorn according to package directions and pour into large bowl. Try to remove any un-popped kernels if possible.

5 In medium pan, combine sugar, corn syrup, butter and cocoa. Heat on medium high heat, stirring frequently until it starts to boil. Stir in vanilla and boil for 1-1/2 minutes.

6 Remove from heat and pour over popcorn. Stir quickly until all popcorn is coated. Set aside to cool.

7 TO ASSEMBLE – In large airtight container, combine both flavors of popcorn together.



Kick your yogurt up a notch with this peanut free cookie dough recipe! A simple to make, decadent low calorie/sodium/cholesterol treat.

1 (5.3oz) container plain non-fat Greek yogurt

1 tablespoon SunButter® Natural (or any smooth variety)

1 teaspoon honey

1/4 teaspoon vanilla extract

1 tablespoon mini chocolate chips*

Dash of sea salt

**Check package to ensure ingredient was made in a peanut and tree nut free facility.*

Makes 1 Serving

Or Multiple 2 Tablespoon Dip Servings

Start To Finish

5 Minutes

Nutrition Facts

Calories 220, Calories from Fat 60, Total Fat 7g,
Saturated Fat 3g, Trans Fat 0g, Cholesterol 10mg,
Sodium 90mg, Carbohydrates 23g, Dietary Fiber 1g,
Sugars 18g, Protein 17g, Vitamin A 0%,
Vitamin C 0%, Calcium 15%, Iron 4%.



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Cookie Dough Yogurt

1 Stir yogurt, SunButter, honey and vanilla together until smooth. Top with chocolate chips and sea salt.

2 Or you can stir in the chocolate chips and sea salt and freeze to enjoy later.



*Enjoy this deliciously smooth and rich spread
with fruit, bread, celery sticks, pancakes or
just eat it right off a spoon.*

2/3 cup sugar

1/3 cup unsweetened cocoa powder*

2/3 cup milk (we used 2%)

1 teaspoon vanilla extract

**1/2 cup SunButter® Creamy (or any
smooth variety)**

**Check package to ensure ingredient was made in a
peanut and tree nut free facility.*

Makes 16 Servings

About 2 Tablespoons Each

Start To Finish

20 Minutes

Nutrition Facts

Calories 90, Calories from Fat 40,
Total Fat 4.5g, Saturated Fat 1g, Trans Fat 0g,
Cholesterol 0mg, Sodium 35mg, Carbohydrates 11g,
Dietary Fiber 2g, Sugars 9g, Protein 2g, Vitamin A 0%,
Vitamin C 0%, Calcium 2%, Iron 4%.
Nutrition Facts do not include apple slices.



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Chocolate Spread

1 In medium saucepan combine sugar and cocoa powder and stir until blended. Gradually stir in milk. Bring to boil over medium heat, stirring constantly, then lower heat and simmer for 2 minutes.

2 Remove from heat and let cool for at least 5 minutes.

3 Add vanilla and SunButter, stirring until smooth. Let cool thoroughly before using.

4 Store in refrigerator. Spread will keep for about one week.

Serving Suggestions

Serve with apple slices for dipping.

Go savory-sweet and spread on celery sticks.

Spread on waffles, pancakes or toast.

Dip out a spoonful and enjoy.



Our pumpkin dip recipe will become your fall favorite! Creamy and flavorful, it's packed with protein and fiber.

3/4 cup pumpkin purée

1/2 teaspoon cinnamon

1/2 teaspoon pumpkin pie spice

2 tablespoons SunButter® Natural (or any smooth variety)

2 teaspoons honey

1 tablespoon milk (we used 2%)

Makes 4 Servings

About 2 Tablespoons Each

Start To Finish

10 Minutes

Nutrition Facts

Calories 80, Calories from Fat 35, Total Fat 4g,
Saturated Fat 0.5g, Trans Fat 0g, Cholesterol 0mg,
Sodium 35mg, Carbohydrates 9g, Dietary Fiber 3g,
Sugars 5g, Protein 2g, Vitamin A 140%,
Vitamin C 4%, Calcium 2%, Iron 6%.
Nutrition Facts do not include apple or pear slices.



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Pumpkin Dip

1 In a medium bowl, stir pumpkin, cinnamon and pumpkin pie spice together.

2 Add SunButter, honey and milk and stir until well blended.

Serving Suggestions

Slice an apple or pear to use for dipping.



Greek yogurt and SunButter, sweetened with a touch of honey makes the perfect fruit dip, cracker dip or cookie dip, the choice is yours!

1/2 cup SunButter® Creamy (or any smooth variety)

6 ounce container plain fat free Greek yogurt (about 2/3 cup)

3 tablespoons honey

Makes 10 Servings

About 2 Tablespoons Each

Start To Finish

10 Minutes

Nutrition Facts

Calories 110, Calories from Fat 60, Total Fat 6g,
Saturated Fat 1g, Trans Fat 0g, Cholesterol 0mg,
Sodium 55mg, Carbohydrates 9g, Dietary Fiber 2g,
Sugars 7g, Protein 5g, Vitamin A 0%, Vitamin C 0%,
Calcium 2%, Iron 4%.
Nutrition Facts do not include fruit.



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Yogurt Dip

- 1 In a small bowl, combine all ingredients and stir until completely blended.
- 2 Refrigerate until ready to serve.

Serving Suggestions

Serve with sliced apples, pears, bananas, strawberries or your favorite fruit, cookies or crackers for dipping.



Cheesecake in a bowl! SunButter gives this cheesecake dip a creamy, nutty flavor. Dip your favorite fruit or cookies for a delicious snack.

- 8 ounces low fat cream cheese, softened
- 1/2 cup SunButter® No Sugar Added (or any smooth variety)
- 1/2 cup butter, room temperature
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- Sugar free sweetener, if desired
- 1/4 cup graham cracker crumbs*

**Check package to ensure ingredient was made in a peanut and tree nut free facility.*

Makes 12 Servings

About 2 Tablespoons Each

Start To Finish

10 Minutes

Nutrition Facts

Calories 180, Calories from Fat 150, Total Fat 17g, Saturated Fat 7g, Trans Fat 0g, Cholesterol 30mg, Sodium 220mg, Carbohydrates 4g, Dietary Fiber < 1g, Sugars 2g, Protein 4g, Vitamin A 6%, Vitamin C 0%, Calcium 4%, Iron 4%.
Nutrition Facts do not include strawberries.



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No Sugar Added Cheesecake Dip

- 1 In medium mixing bowl, combine cream cheese, SunButter, butter, vanilla and salt. Mix with hand mixer until well blended.
- 2 Taste and add your choice of sugar free sweetener to your preference.
- 3 Transfer to serving dish and top with graham cracker crumbs. Lightly cover dish with plastic wrap and refrigerate until ready to serve.
- 4 Remove from refrigerator for about 10 minutes to soften before serving.

Serving Suggestion

Use fruit for dipping – strawberries, apple slices, pear slices, orange segments.



These chewy granola bars are nutritious and delicious. They pack a powerful punch of protein with NO refined sugars!

- 2-1/2 cups rolled oats**
- 1/2 cup raw sunflower seeds***
- 1/4 cup shredded, unsweetened coconut (optional)**
- 1/2 cup dried unsweetened cranberries, coarsely chopped (or any dried fruit)**
- 1 tablespoon cocoa powder***
- 1/4 cup butter, cut into pieces**
- 1/3 cup honey**
- 1/4 cup SunButter® Organic (or variety of your choice)**
- 1/2 teaspoon vanilla extract**
- 1/4 teaspoon kosher salt**

**Check package to ensure ingredient was made in a peanut and tree nut free facility.*

Makes 12 Bars

Start To Finish
20 Minutes

Nutrition Facts

Calories 290, Calories from Fat 120, Total Fat 14g,
Saturated Fat 5g, Trans Fat 0g, Cholesterol 10mg,
Sodium 105mg, Carbohydrates 36g, Dietary Fiber 5g,
Sugars 12g, Protein 8g, Vitamin A 2%, Vitamin C 0%,
Calcium 2%, Iron 15%.

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Cocoa Cranberry Granola Bars

- 1** Heat oven to 350°F. Cover sides and bottom of 8-inch square baking dish with foil. Spray foil with non-stick spray or additional butter. Set aside.
- 2** On baking sheet, spread oats and sunflower seeds evenly and toast in oven for 10 minutes, stirring occasionally. In large mixing bowl, combine toasted oats and seeds, coconut, cranberries, and cocoa powder; stir to combine.
- 3** In small saucepan, combine butter, honey, SunButter, vanilla extract, and salt. Cook on low to medium heat, stirring constantly until butter melts. Be careful not to let this bubble and burn!
- 4** Pour melted butter mixture over toasted oats and seeds. Mix well and let cool 5 minutes. Transfer mixture to foil lined baking dish. Use rubber spatula to firmly press mixture into pan, spreading to the sides and all corners. NOTE: Finished bars will stay together better if you press hard and evenly. Cover pan with foil and refrigerate for 2 hours until set.
- 5** Remove block of granola from pan and peel away aluminum foil. Cut into 12 bars. Store in airtight container for up to 7 days. For softer bars, store at room temperature. For firmer bars, store in refrigerator.



Great after school treats, these cool, creamy bars will help power you through any event.

1 cup SunButter® Natural Crunch (or variety of your choice)

2/3 cup honey

1/2 cup coconut oil (no substitutions)

1/2 cup butter

1-1/4 cups mini chocolate chips*

2 cups old fashioned oats

3/4 cup dried cranberries

**Check package to ensure ingredient was made in a peanut and tree nut free facility.*

Makes 24 Bars

Start To Finish
75 Minutes

Nutrition Facts

Calories 210, Calories from Fat 110, Total Fat 13g,
Saturated Fat 6g, Trans Fat 0g, Cholesterol 0mg,
Sodium 40mg, Carbohydrates 23g, Dietary Fiber 3g,
Sugars 16g, Protein 4g, Vitamin A 0%, Vitamin C 0%,
Calcium 2%, Iron 6%.



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Protein Bars

1 Spray bottom and sides of 9x12-inch baking pan or line with aluminum foil or parchment paper; set aside.

2 In a large microwave safe bowl, place SunButter, honey and coconut oil. Heat in microwave on High for 30 seconds. Remove from microwave, add chocolate chips and stir until chips are melted and mixture is smooth.

3 Add oats and dried cranberries, stir until combined.

4 Spread into prepared pan. Refrigerate until hardened, about one hour. Cut into 24 bars, 1 1/2 x 3-inch size.

5 Keep refrigerated or frozen. These bars become very soft and creamy at room temperature.

Serving Suggestions

Instead of spreading in pan for bars, roll into bite-sized balls and freeze.



Rich in chocolate and SunButter, these mini muffin bites are easy and quick to make. Pack a few for school lunches or an afternoon snack.

- 1 cup SunButter® Creamy (or any smooth variety)
- 2 large eggs
- 2 medium size very ripe bananas
- 1/2 teaspoon baking soda
- 1 teaspoon vanilla
- 2 tablespoons honey
- 1/2 cup chocolate chips plus more for topping*

**Check package to ensure ingredient was made in a peanut and tree nut free facility.*

Makes 24 Mini Muffin Brownie Bites

Start To Finish
20 Minutes

Nutrition Facts

Calories 110, Calories from Fat 60, Total Fat 7g, Saturated Fat 1.5g, Trans Fat 0g, Cholesterol 15mg, Sodium 75mg, Carbohydrates 9g, Dietary Fiber 2g, Sugars 6g, Protein 3g, Vitamin A 0%, Vitamin C 2%, Calcium 2%, Iron 4%.



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Mini Muffin Brownie Bites

- 1 Heat oven to 400°F. Spray mini muffin tin with cooking spray or coat with coconut oil.
- 2 Place all ingredients in blender and blend until well mixed.
- 3 Pour batter into mini muffin tin. Sprinkle a few extra chocolate chips on top of each brownie bite.
- 4 Bake 7 minutes or until toothpick inserted into middle muffin tin cup comes out mostly clean, with just a few crumbs stuck to toothpick.
- 5 Set on rack to cool for 5 minutes, then gently lift bites from muffin tin. Store in airtight container on counter.



A fun, magical peanut free treat kids can help make. Pretzel Wands are a colorful party table addition, or tie in cellophane bag for gift giving.

1 tablespoon butter

1/3 cup SunButter® No Sugar Added (or any smooth variety)

12 pretzel rods*

**Various sprinkles or drizzles for garnish:
shredded coconut, mini chocolate chips,
colored sprinkles, melted chocolate,
roasted sunflower seeds***

**Check package to ensure ingredient was made in a peanut and tree nut free facility.*

Makes 12 Servings

1 Wand Each

Start To Finish

20 Minutes

Nutrition Facts

Calories 100, Calories from Fat 45, Total Fat 5g,
Saturated Fat 1g, Trans Fat 0g, Cholesterol < 5mg,
Sodium 125mg, Carbohydrates 11g, Dietary Fiber 1g,
Sugars < 1g, Protein 3g, Vitamin A 0%, Vitamin C 0%,
Calcium 0%, Iron 4%.



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Pretzel Wands

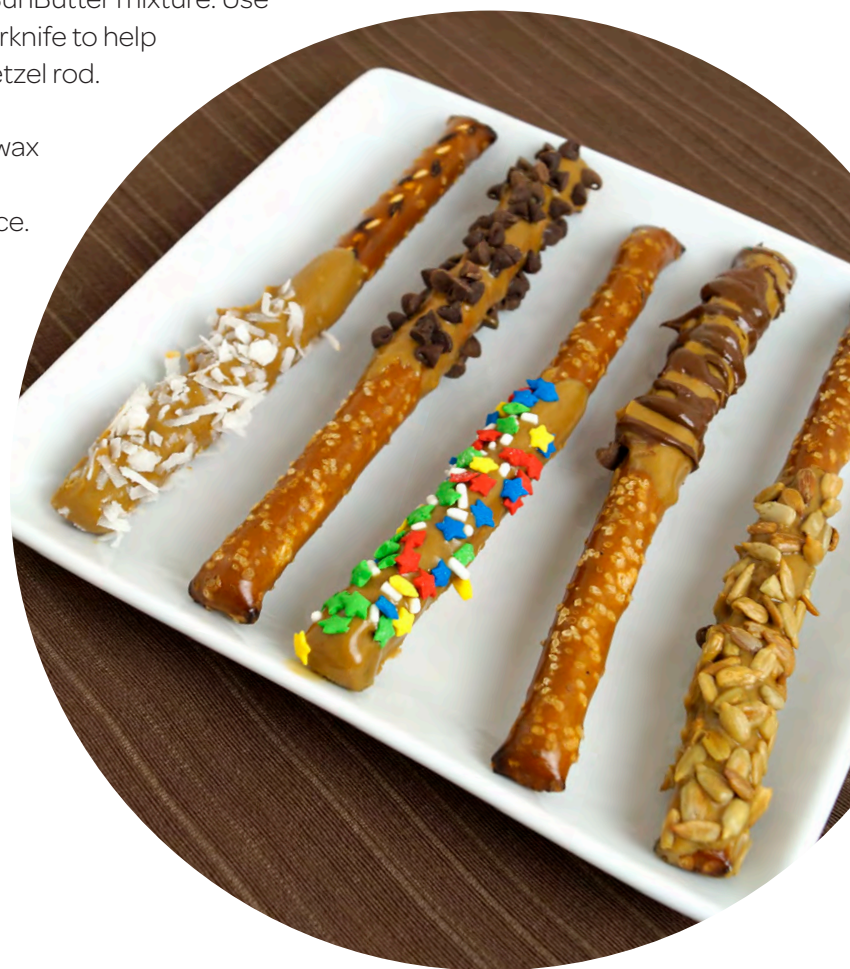
1 In tall microwave safe glass, heat butter until just melted. Stir in SunButter. Use a fork to help eliminate lumps.

2 Dip one end of pretzel rod in SunButter mixture. Use the back side of a spoon or butterknife to help spread SunButter around the pretzel rod.

3 Hold dipped pretzel rod over wax paper or parchment paper and sprinkle or drizzle garnish of choice. Place on paper to set or place in freezer for 30 minutes to speed up setting.

Tip

Using butter that is too hot can result in a runny SunButter mixture. If your mixture is too runny, set aside for 5 minutes to let butter firm up, or add powdered sugar to thicken.



These super seedy bars are great for breakfast or a quick any time snack. Made with 5 seeds plus dates and oats, they're chewy, gooey delicious.

1/2 cup raw pumpkin seeds *

1 heaping cup pitted dates*

**1-1/2 cups rolled oats (can use
gluten free oats)**

1/2 cup golden raisins*

2 tablespoons chia seeds*

2 tablespoons raw, shelled sunflower seeds*

2 tablespoons flax seeds (ground or whole)*

2 tablespoons hemp seeds*

1/4 cup honey

**1/4 cup SunButter® No Sugar Added
(or any smooth variety)**

**Check package to ensure ingredient was made in a
peanut and tree nut free facility.*

Makes 10 Servings

1 Bar Each

Start To Finish

30 Minutes

Nutrition Facts

Calories 280, Calories from Fat 100, Total Fat 12g,
Saturated Fat 1.5g, Trans Fat 0g, Cholesterol 0mg,
Sodium 25mg, Carbohydrates 39g, Dietary Fiber 6g,
Sugars 24g, Protein 8g, Vitamin A 0%, Vitamin C 0%,
Calcium 4%, Iron 15%.

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Breakfast Bars

1 Line an 8x8-inch pan with plastic wrap or parchment paper with 2 sides overhanging to easily lift out finished bars; set aside.

2 On cookie sheet toast pumpkin seeds in a 350° F oven for 8 minutes or until slightly golden brown.

3 Process dates in food processor until small bits remain (about 1 minute). It should form a "dough" like consistency.

4 Place pumpkin seeds, dates, oats and golden raisins in a large mixing bowl. Add chia, sunflower, flax and hemp seeds and set aside.

5 In small saucepan over low heat combine honey and SunButter. Stir until well blended and warm.

6 Pour warm SunButter mixture over date mixture and mix, breaking up dates. Use a spoon or your hands to thoroughly mix until all ingredients are evenly dispersed throughout mixture.

7 Transfer mixture to prepared 8x8-inch pan and spread until mixture is even thickness. Cover mixture with additional plastic wrap or parchment paper and press down firmly to compact bars. This will help them from being crumbly. Freeze for 15 to 20 minutes to harden.

8 Lift mixture from pan and cut into 10 bars. Store in airtight container for up to 2 days or freeze for longer storage.



Bite-size SunButter bliss! Easy to make and fun to eat. Share this peanut free school safe snack with your classmates.

20 square pretzels*

10 tablespoons SunButter® Organic (or variety of your choice)

3/4 cup semisweet chocolate chips*

**Check package to ensure ingredient was made in a peanut and tree nut free facility.*

Makes 10 Servings

1 Piece Each

Start To Finish

20 Minutes

Nutrition Facts

Calories 170, Calories from Fat 100, Total Fat 12g, Saturated Fat 3.5g, Trans Fat 0g, Cholesterol 0mg, Sodium 85mg, Carbohydrates 14g, Dietary Fiber 3g, Sugars 8g, Protein 4g, Vitamin A 0%, Vitamin C 0%, Calcium 2%, Iron 6%.



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Pretzel Square Bites

- 1** Make each Bite by filling 2 square pretzels with one tablespoon of SunButter.
- 2** Melt chocolate in microwave on Medium, stirring after 30 seconds, continue microwaving until chocolate is smooth.
- 3** Dip end of each Bite in melted chocolate and set on waxed paper or parchment to cool. Store in airtight container at room temperature or refrigerate.



Quick, delicious, and peanut free! Serve this easy to make, after school peanut free snack to your kids, or make them for yourself!

3 tablespoons SunButter® No Sugar Added (or variety of your choice)

1 large apple, cored and sliced into 6 rings

6 tablespoons granola*

Chocolate chips or raisins (optional)*

**Check package to ensure ingredient was made in a peanut and tree nut free facility.*

Makes 3 Servings

2 Apple Sandwiches Each

Start To Finish

10 Minutes

Nutrition Facts

Per sandwich without chocolate chips or raisins:
Calories 200, Calories from Fat 90, Total Fat 11g,
Saturated Fat 1.5g, Trans Fat 0g, Cholesterol 0mg,
Sodium 90mg, Carbohydrates 20g, Dietary Fiber 5g,
Sugars 12g, Protein 9g, Vitamin A 0%, Vitamin C 6%,
Calcium 4%, Iron 10%.



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Apple Sandwiches

1 Spread SunButter on apple slice, sprinkle with granola and chocolate chips or raisins if desired. Top with another apple slice. Repeat using remaining apple slices.

Tip

Double up the SunButter flavor by making and using SunButter Quinoa Crunch in place of granola, recipe on page 4.

Serving Suggestion

Leave the top apple slice off for an open face sandwich.



Put a new spin on sushi! Crispy rice cereal makes it crunchy, SunButter makes it smooth. Perfect finger food, or try out chopsticks.

2 tablespoons SunButter® Natural (or any smooth variety)

1 large banana, about 8-inches

1/4 cup crisp rice cereal*

**Check package to ensure ingredient was made in a peanut and tree nut free facility.*

Makes 2 Servings

5 Slices Each

Start To Finish

10 Minutes

Nutrition Facts

Calories 270, Calories from Fat 70, Total Fat 9g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 0mg, Sodium 320mg, Carbohydrates 44g, Dietary Fiber 4g, Sugars 12g, Protein 6g, Vitamin A 15%, Vitamin C 40%, Calcium 2%, Iron 60%.



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Banana Sushi

- 1** Peel banana and trim off small ends.
- 2** Spread SunButter over outside of remaining banana and roll in cereal until coated. If necessary, microwave SunButter for 15 seconds for easier spreading.
- 3** Cut into 10 slices and enjoy!



SunButter adds a punch of flavor to plain rice cakes. And when you top the SunButter covered rice cakes with fresh fruit? Delicious!

2 tablespoons SunButter® Natural (or any smooth variety)

1 rice cake*

Sliced bananas, strawberries and/or berries

**Check package to ensure ingredient was made in a peanut and tree nut free facility.*

Makes 1 Serving

1 Rice Cake

Start To Finish

5 Minutes

Nutrition Facts

Calories 240, Calories from Fat 140, Total Fat 16g,
Saturated Fat 2g, Trans Fat 0g, Cholesterol 0mg,
Sodium 125mg, Carbohydrates 14g, Dietary Fiber 4g,
Sugars 3g, Protein 8g, Vitamin A 0%, Vitamin C 0%,
Calcium 2%, Iron 8%
Nutrition Facts do not include fruit.



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Rice Cakes With Fresh Fruit

- 1** Spread SunButter evenly over top of rice cake.
- 2** Cut fruit into bite size slices and arrange on top of SunButter.
- 3** Eat immediately and enjoy!



Bite-sized creamy ice cream made with SunButter and bananas, with just a touch of chocolate. Keep these easy bites frozen for a quick delicious snack.

6 very ripe bananas, about 8-inches each

1/3 cup SunButter® Natural (or any smooth variety)

3/4 cup mini chocolate chips, divided*

**Check package to ensure ingredient was made in a peanut and tree nut free facility.*

Makes 24 Servings

1 Piece Each

Start To Finish

15 Minutes plus 3 Hours 45 Minutes Freezing Time

Nutrition Facts

Calories 80, Calories from Fat 35, Total Fat 3.5g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 0mg, Sodium 10mg, Carbohydrates 12g, Dietary Fiber 1g, Sugars 7g, Protein 1g, Vitamin A 0%, Vitamin C 4%, Calcium 0%, Iron 2%.



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Banana Chocolate Chip Ice Cream Snacks

1 Line a baking sheet with parchment paper. Slice bananas into 1/2-inch pieces and lay flat on baking sheet. Cover with plastic wrap and place in freezer for 90 minutes.

2 Remove frozen bananas from freezer and let set out for about 5 minutes while you set up food processor or blender.

3 Place bananas and SunButter in processor and pulse/blend until smooth and creamy. Add 1/2 cup of the mini chocolate chips in processor and pulse/blend until almost smooth.

4 Grease a mini muffin pan with non-stick cooking spray. Scoop the ice cream into each cup, filling each one almost full, then sprinkle the top of each cup with a few more mini chocolate chips. Place the muffin pan in the freezer for at least 2 hours.

5 Remove pan from freezer and pop each bite out with a knife. If bites are too difficult to pop out, let sit on counter for 2 to 3 minutes.

6 Stack ice cream bites in a freezer safe container with a lid, placing parchment paper between each layer. Will keep in freezer for 2 months.



*It's easy to make your own SunButter flavors!
Use these easy Stir-In ideas or
create your own signature mix.*

- 1** Place 1 cup of SunButter in lidded container
- 2** Add your choice of stir-ins*
- 3** Stir until well blended

**Check package to ensure ingredients are made in a peanut and tree nut free facility.*

Use your delicious SunButter Stir-In on toast, as a dip for fruit or pretzels or just like you would use SunButter straight from the jar.

Store in a lidded container in the refrigerator and use within 2 weeks.

Tip: If SunButter is too stiff to stir easily, before adding stir-in ingredients, microwave for 10 to 15 seconds.



Add Even More Flavor With Stir-Ins

Cinnamon & Raisin

1 cup SunButter®
1-1/2 teaspoons
cinnamon
2 tablespoons
raisins



Sun Cups

1 cup SunButter®
2 SunCups®,
coarsely
chopped
1-1/2
teaspoons
melted
butter or
coconut oil



Espresso

1 cup SunButter®
1-1/2 teaspoon
instant coffee
1-1/2 teaspoon
vanilla
1-1/2 teaspoons
cinnamon



Chocolate Chia

1 cup SunButter®
1/4 cup melted
chocolate chips*
1 tablespoon
chia seeds*



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On The Go Single Cup Pairings

SunButter is now available in convenient single cups! Each package includes six 1.5 ounce single cups – perfect for traveling, sending with kids to school, or for dipping your favorite snack!



Vegetables

- ☒ Carrot Sticks
- ☒ Celery Sticks
- ☒ Sugar Snap Peas
- ☒ Jicama Sticks

Fruits

- ☒ Apple Wedges
- ☒ Strawberries
- ☒ Bananas
- ☒ Pear Slices

Crackers and Snacks

- ☒ Pretzel Sticks*
- ☒ Goldfish*
- ☒ Graham Crackers*
- ☒ Whole Wheat Crackers*
- ☒ Vanilla Wafers*
- ☒ Pita Chips*

**Check package to ensure ingredient was made in a peanut and tree nut free facility.*



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Identify Your Peanut Free Lunches And Snacks!

Download and print **Made With SunButter Stickers** and place on any snack, sandwich, or goodie to show it's made with SunButter and 100% peanut free and school safe!

Download a sheet of 12 printable stickers here:

sunbutter.com/sunbutter-stickers

Print on Avery 22817 Laser/Ink Jet Round Labels, choose "Actual Size" when printing, not "Fit".

Or buy a roll of 200 already printed stickers at soap.com or amazon.com.



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Find Out More About SunButter

Learn How SunButter Is Made

Watch our **Farm To Table Video** and learn about our new roasting process which ensures SunButter's fresh roasted flavor and improved product consistency. Our new process also makes SunButter free from the top 8 allergens.

View at sunbutter.com/farm-to-table.

Visit Our Resources Web Page For Even More Information

Go to: sunbutter.com/resources.

☒ Download Our Flyer To Share With Your School

If your school restricts peanuts or is considering how to address peanut allergy issues, we can help. Thousands of schools in all 50 states have adopted SunButter as an alternative to peanut butter. Download this SunButter Flyer from our resources web page to share with your school.

☒ Sign Up To Receive Our E-Newsletter

As a subscriber you'll get delicious SunButter recipes, school safe lunch and snack ideas, breaking news, online sweepstakes information, fun facts, coupons, crafts and more every three months.

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PEANUT
FREE



PEANUT
FREE

TREENUT
FREE

GLUTEN
FREE

SOY
FREE

DAIRY
FREE

NON
GMO
SUNFLOWER

www.SunButter.com



Now FREE FROM THE TOP 8 ALLERGENS*

Peanuts • Tree Nuts • Wheat • Soy • Dairy • Egg • Fish • Shellfish



SCHOOL SAFE

* As of January 2016 our facility is free from the top 8 food allergens. We advise customers to read labels carefully. SunButter has always been free from seven of the top 8 food allergens including peanut and tree nuts, but only product with packaging that says "Now! Soy Free" is free from the top eight. All SunButter products are clearly labeled for common food allergens.