



## Sunflower Butter Patties

There's nothing like the salty-sweet goodness of a peanut butter cup - but you don't need nuts to experience the magic! These Sunflower Seed Butter Patties are easy, delicious, and pack in a little extra protein for a treat as satisfying as it is tasty.

### Ingredients

1 cup sunflower butter (see recipe below)  
1/4 cup + 1 tbsp maple syrup  
1/3 cup protein powder (any flavor)  
1 cup chocolate chips

1 tsp vanilla  
1 pinch sea salt  
2 cups of sunflowers

### Sunflower Butter Directions

Pour sunflower seeds into the container of a high-powered blender, such as a Vitamix®, and secure lid.

Select Variable 1. Slowly increase speed to Variable 10, then switch from Variable to High. Use the tamper to push sunflower seeds into the blades, and mix until sunflower seed butter develops an oily sheen. Season with salt. Store in an airtight container.

### Directions

Using your hands, combine all ingredients, besides chocolate chips, until a dough forms. Roll into balls and place on a lined cookie sheet. Flatten into patties with your palm and pop in the freezer for 20 minutes to harden.

Melt chocolate in microwave for 1-2 minutes, stirring every 30 seconds. Dip each patty in chocolate and return to freezer to set. Drizzle extra chocolate on top to decorate. Enjoy!