



Sunflower Satay Sauce (Sunbutter sauce)

Ingredients

1 cup Sunflower Seeds

1 tsp salt

Alternatively add fresh
~~ginger and garlic and~~ 100g red curry paste
coriander instead of curry
1 tin of coconut cream
paste.

1 TBL lime juice

¼ cup Apple cider vinegar

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Method

1. Set oven to 180oC
2. Toast 1 cup of sunflower seeds on dry oven tray, stirring half way through
3. Measure the ingredients into a bowl and when toasted seeds are done add them to the bowl. Put everything into a food processor and blend until smooth.
4. Chop ginger and garlic (ginger can be peeled with a spoon, by scraping the skin off) and fry in a little coconut oil before adding to the blender.
5. Add coriander for a fresh flavour!
6. If wanting to make a little runnier add ¼ cup of water gradually until desired consistency.