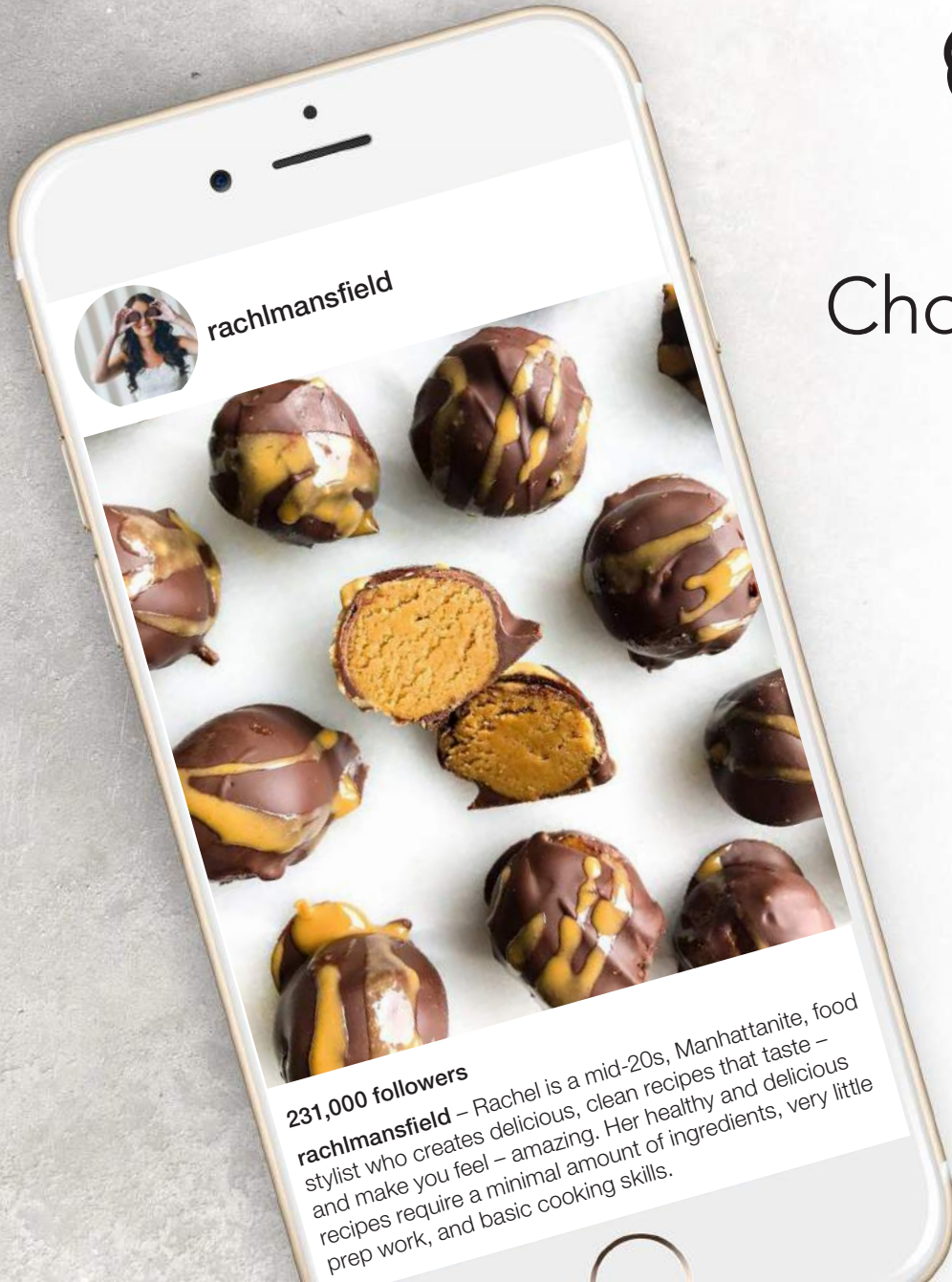




Trending Chocolate Recipe Collection



231,000 followers
rachlmansfield – Rachel is a mid-20s, Manhattanite, food stylist who creates delicious, clean recipes that taste – and make you feel – amazing. Her healthy and delicious recipes require a minimal amount of ingredients, very little prep work, and basic cooking skills.





CONTENTS

Salted Pretzel SunButter® Bark	3
SunButter® Collagen Cookie Dough Truffles	4
SunButter® Crunch Bars	5
SunButter® Marbled Bread	6
Vegan SunButter® Candy Bars	7
Ultimate SunButter® Freeze Pops	8
Chocolate Coconut SunButter® Protein Bars	9
Chocolate Covered SunButter® Cookie Dough Truffles	10
SunButter® Low Sugar Chocolate Bark	11
Double Chocolate SunButter® Crunch Bites	12
Ultimate SunButter® Cookies	13
SunButter® Confetti Bars	14
SunButter® Chocolate Protein Cups	15
Triple Layer SunButter® Ganache Brownies	16
No Bake Chocolate Oatmeal SunButter® Cookies	17
SunButter® Ice Cream Cupcakes	18
SunButter® S'Mores Dip	19
Chocolate SunButter®	20

Trending Chocolate Recipe Collection

Do you **LOVE** chocolate? This collection of recipes is from an impressive group of social media influencers including chefs, moms, foodies, a dietician, a medical doctor, fitness experts, and more. They have concocted 18 scrumptious recipes with one common ingredient . . . chocolate!

Many of the recipes feature simple, nutritious ingredients such as chia seeds, flax, multigrain cereal, and applesauce. Some use natural sweeteners in place of refined sugar, including maple syrup, yacon syrup, and honey. Several recipes are high in protein. (With 7 grams of protein per 2 tablespoon serving, SunButter is a delicious way to add protein to recipes.)

We hope you enjoy and will be inspired to create (and post) your own SunButter recipes.



LOVE SUNFLOWER SEEDS? YOU'LL LOVE SUNBUTTER.

SunButter is U.S. grown and made with the finest roasted sunflower seeds. It has 7 grams of protein per serving and more vitamins and minerals than nut butter.

SunButter is free from the top 8 food allergens: peanuts, tree nuts, soy, milk, eggs, wheat, fish, and crustacean shellfish. It is also vegetarian, vegan, gluten-free, non-GMO, and certified kosher.

Whether you spread it on toast, use it for dipping fruits and veggies, dollop it in a smoothie bowl, or bake cookies and bars with SunButter, it is natural, simple, and delicious.



Salted Pretzel SunButter® Bark

Recipe By Adriana
@fitandwellmedgal

TOTAL TIME
1 Hour, 15 Min.

MAKES
About 16 Pieces

“Seriously addicting!
No baking, only
5 ingredients.”

INGREDIENTS

- 2 (3.5 ounce) dark chocolate bars
- 1/2 cup (or more) SunButter Organic
- 1/4 cup pretzels (Adriana used gluten free)
- Chia seeds
- Sea salt

INSTRUCTIONS

Melt chocolate in a microwave safe bowl for 30 second increments until melted.

Spread melted chocolate on a parchment paper lined baking sheet, then drop spoonfuls of delicious SunButter on top. Run a toothpick (or knife) throughout to create swirls.

Sprinkle pretzels, chia seeds, and sea salt over the top.

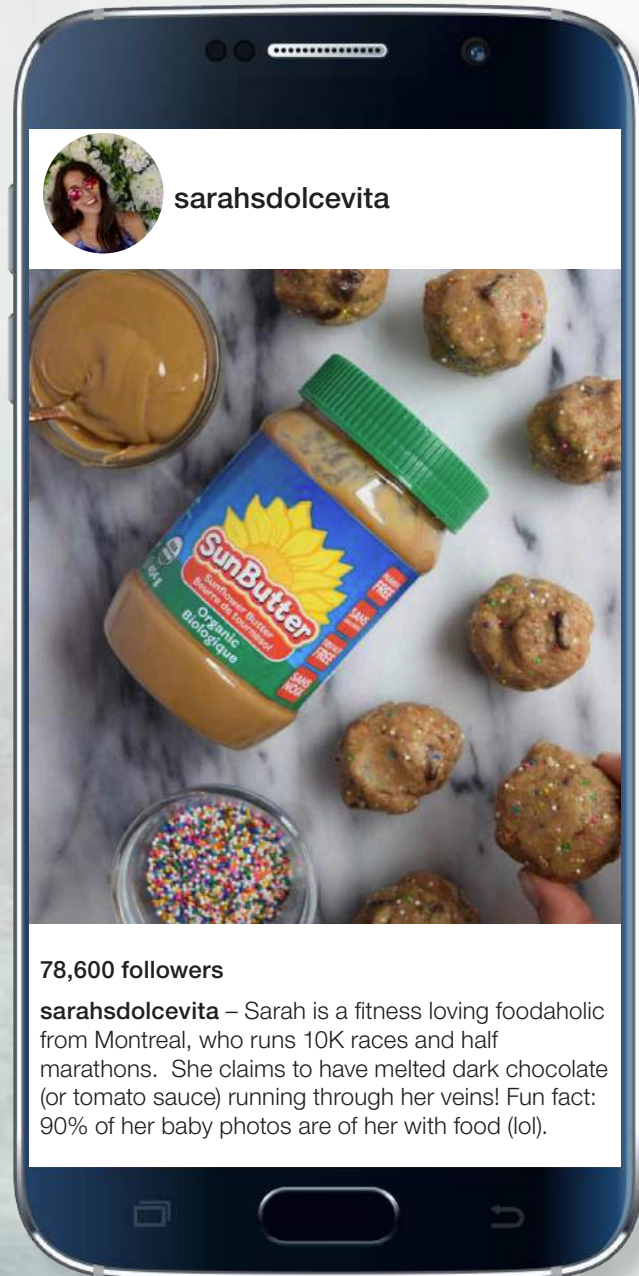
Set for about an hour in the fridge then break into pieces and enjoy!

For an even creamier effect, allow to sit at room temp a few minutes . . . h e a v e n !





SunButter® Collagen Cookie Dough Truffles



Recipe By Sarah Dolce Vita
@sarahsdolcevita

TOTAL TIME
30 Minutes

MAKES
10 To 12 Truffles

“Easy to make with only 6 ingredients.”

INGREDIENTS

- 1 cup oat flour (or coconut flour)
- 1/2 cup collagen
- 1/3 cup SunButter (any variety)
- 1/4 or 1/3 cup maple syrup (depending on sweetness preference)
- 1 to 2 tablespoons melted ghee or coconut oil
- Chocolate chips
- Colored sprinkles (optional)

INSTRUCTIONS

In a bowl, combine oat flour, collagen, SunButter, maple syrup, and ghee.

Mix until a batter forms.

Fold in chocolate chips (colored sprinkles too if desired) and form into balls.

Collagen cookie dough balls can be stored in the fridge for 1 week or in the freezer for longer. Enjoy!

78,600 followers

sarahsdolcevita – Sarah is a fitness loving foodaholic from Montreal, who runs 10K races and half marathons. She claims to have melted dark chocolate (or tomato sauce) running through her veins! Fun fact: 90% of her baby photos are of her with food (lol).



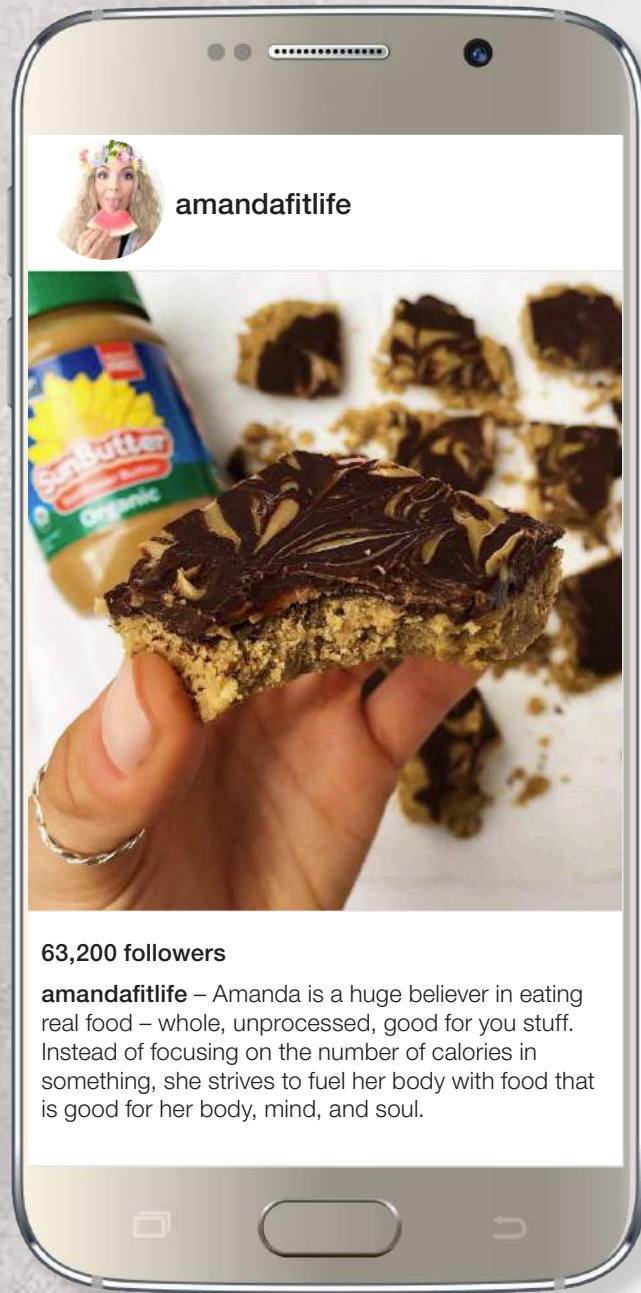
SunButter® Crunch Bars

Recipe By Amanda
@amandafitlife

TOTAL TIME
1 Hour

MAKES
12 Bars

“Fudgy, crunchy, creamy . . .
what more could a gal want?
These are addictive, don’t
say I didn’t warn ya.”



INGREDIENTS

- 1 cup SunButter (any variety)
- 4 tablespoons pure maple syrup
- 3 tablespoons coconut flour
- 1 cup crushed cereal (Amanda used Barbara’s Bakery® multigrain puffins – pulse in food processor)
- Sprinkle of pink Himalayan sea salt
- Splash of Simply Organic Foods pure vanilla extract
- Additional SunButter to swirl on top layer

OPTIONAL

- Enjoy Life Foods dark chocolate morsels
- Spoonful of coconut oil
- Additional pink Himalayan sea salt

INSTRUCTIONS

Combine SunButter, maple syrup, and vanilla extract in food processor. Mix in coconut flour, crushed cereal bits, and sea salt. A dough consistency should form. Transfer to parchment lined brownie pan and spread out evenly. Pop in the freezer for 10 minutes.

It’s optional, but in the meantime, melt a handful of chocolate chips and a bit of coconut oil together. Take pan out of freezer, spread with melted chocolate, add a few additional spoonfuls of SunButter on top, and swirl with a toothpick. Sprinkle with sea salt and pop back in the freezer overnight.

Remove the next day, chop into bars, and store in the fridge for up to a week . . . but chances are they won’t last that long.



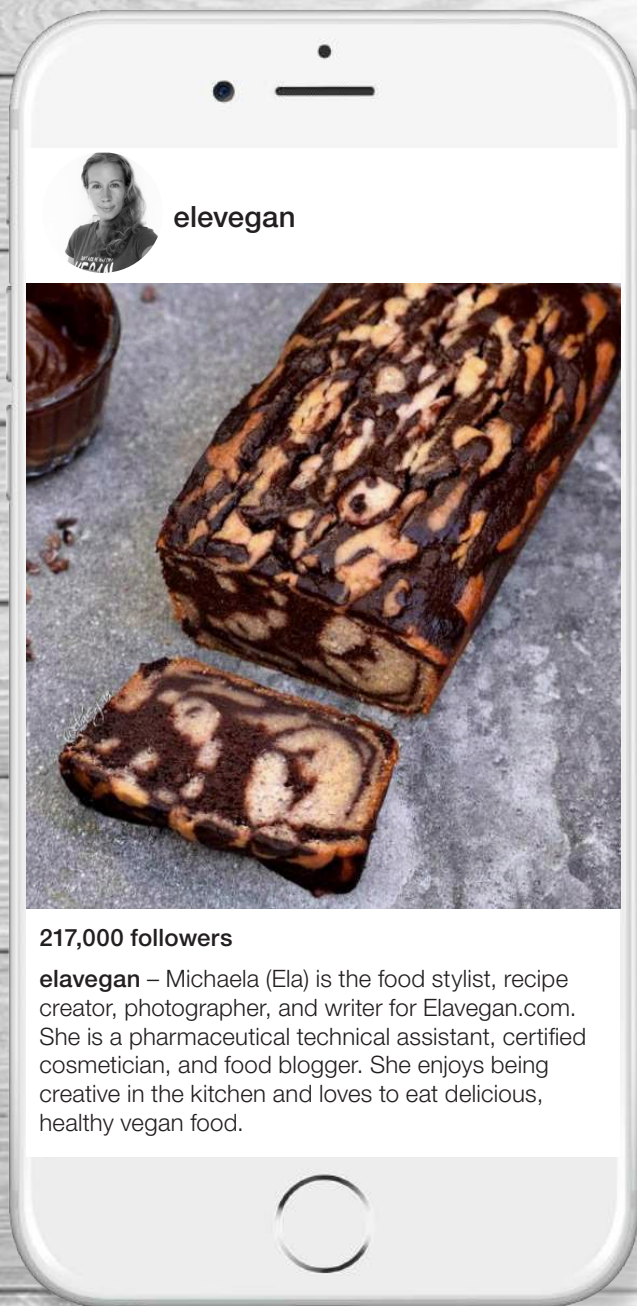
SunButter® Marbled Bread

Recipe By Ela
@elavegan

TOTAL TIME
1 Hour 30 Minutes

MAKES
8 To 10 Servings

“I think from now on I will add SunButter to all my cakes, brownies, and cookies as they will taste so much better.”



INGREDIENTS

DRY INGREDIENTS

- 1 cup rice flour, white
- 1/2 cup tapioca flour
- 1/4 cup coconut flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda

WET INGREDIENTS

- 3 medium, very spotty bananas
- 1/2 cup coconut milk, canned
- 1/3 cup maple syrup
- 3 teaspoons lime juice
- 1 teaspoon vanilla extract
- 1 tablespoon liquid coconut oil

CHOCOLATE LAYER

- 4 tablespoons SunButter
- 6 tablespoons cocoa powder
- 4 tablespoons coconut sugar
- 1/3 cup coconut milk, canned

INSTRUCTIONS

Put the dry ingredients (rice flour, tapioca flour, coconut flour, baking soda, baking powder) in a big bowl and stir until there are no clumps.

Blend the wet ingredients (bananas, coconut milk, maple syrup, lime juice, vanilla extract, coconut oil) in your food processor.

Add the wet ingredients into the dry ingredients and stir with a spatula until the mixture is just combined.

Split the batter into two bowls, so that you have about 1/3 of the batter in one bowl and 2/3 of the batter in the other bowl.

Add the ingredients for the chocolate layer (SunButter, cocoa powder, coconut sugar, coconut milk) to the bowl with 1/3 of the batter and mix with a whisk.

Line a pan with parchment paper or grease it with a little bit of coconut oil. My pan measures 8 x 4 x 2.5 inches.

For the marble effect/swirl, just drizzle a teaspoon of light batter into your mold, then with a different spoon drizzle a teaspoon of the chocolate batter on top of it, then again the light batter until nothing is left.

Bake in the oven at 350°F for about 50 minutes (plus or minus 10 minutes). The bread is ready when a toothpick comes out almost clean (don't over bake it).



Vegan SunButter® Candy Bars

Recipe By Bethany
@lilsipper

TOTAL TIME
1 Hour

MAKES
12 Bars

“These vegan candy bars taste like Snickers®. They’re even peanut free ‘cuz I used cashews and SunButter.”



INGREDIENTS

CARAMEL LAYER

- 1 cup firmly packed pitted dates soaked in water overnight
- 2 tablespoons SunButter (any variety)
- 2 tablespoons coconut oil
- 2 teaspoons sea salt
- 2 tablespoons yacon syrup (or honey if not vegan)
- Raw cashews

BASE

- 1 cup Nuzest USA® vanilla protein
- 1 cup oat flour
- 2 tablespoons SunButter (any variety)
- 2 tablespoons coconut oil
- 3/4 cup water

COATING

- Chocolate of choice

INSTRUCTIONS

Drain dates and reserve soaking water. Blend all caramel ingredients (except cashews) in a blender until smooth. (Do not use any of the date water.) Set aside.

In a large bowl, combine Nuzest USA and oat flour.

Melt SunButter and coconut oil together then add it to your flour mixture. Mix well, then add reserved water from dates and mix again. You should have a nice “play dough” consistency.

Line dish or baking pan of choice with wax or parchment paper for easy removal, then press batter into dish. Sprinkle desired amount of cashews on top of batter, then pour caramel over cashews.

Refrigerate for a few hours until caramel has firmed. Slice into desired shape/size and coat or drizzle each piece with melted chocolate. Store in fridge or freezer.



Ultimate SunButter® Freeze Pop

Recipe By Katie Lemons
@twist_of_lemons

TOTAL TIME
10 Minutes

MAKES
12 Freeze Pops

"This super simple recipe is a snack hack for summer evenings . . . or mornings or afternoons, or anytime in between."



INGREDIENTS

- 1-1/2 cups coconut milk or almond milk
- 2 pitted dates
- 1/2 cup SunButter Creamy
- 2 tablespoons coconut oil
- Sprinkle of cinnamon
- Pinch of Himalayan pink sea salt
- Melted chocolate for drizzling
- Additional SunButter for drizzling

SUPPLIES

- Freeze pop molds, to make 12 freeze pops
- 12 freeze pop sticks

INSTRUCTIONS

Combine all ingredients and blend in blender.

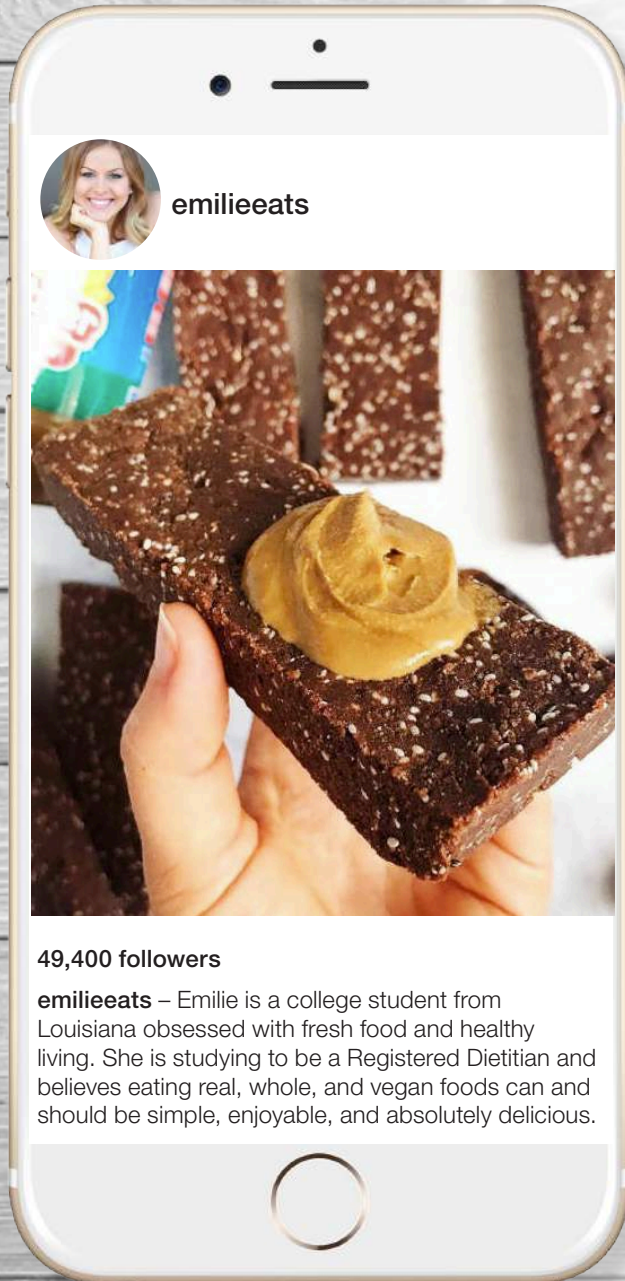
Pour into freeze pop molds.

Freeze for 2 to 3 hours.

Before serving, drizzle with melted chocolate and additional SunButter.



Chocolate Coconut SunButter® Protein Bars



emilieeats



49,400 followers

emilieeats – Emilie is a college student from Louisiana obsessed with fresh food and healthy living. She is studying to be a Registered Dietitian and believes eating real, whole, and vegan foods can and should be simple, enjoyable, and absolutely delicious.

INGREDIENTS

- 1 cup pitted dates
- 1/2 cup SunButter (Natural or Organic)
- 1/2 cup coconut flour
- 1/4 cup plus 3 tablespoons chocolate plant-based protein powder
- 1/4 cup unsweetened applesauce
- 3 tablespoons chia seeds
- Dash of salt

INSTRUCTIONS

Add all ingredients to a food processor and pulse until a dough forms.

Press into bread pan, freeze for 1 to 2 hours, then cut into however many bars you want!

Recipe By Emilie Hebert
[@emilieeats](#)

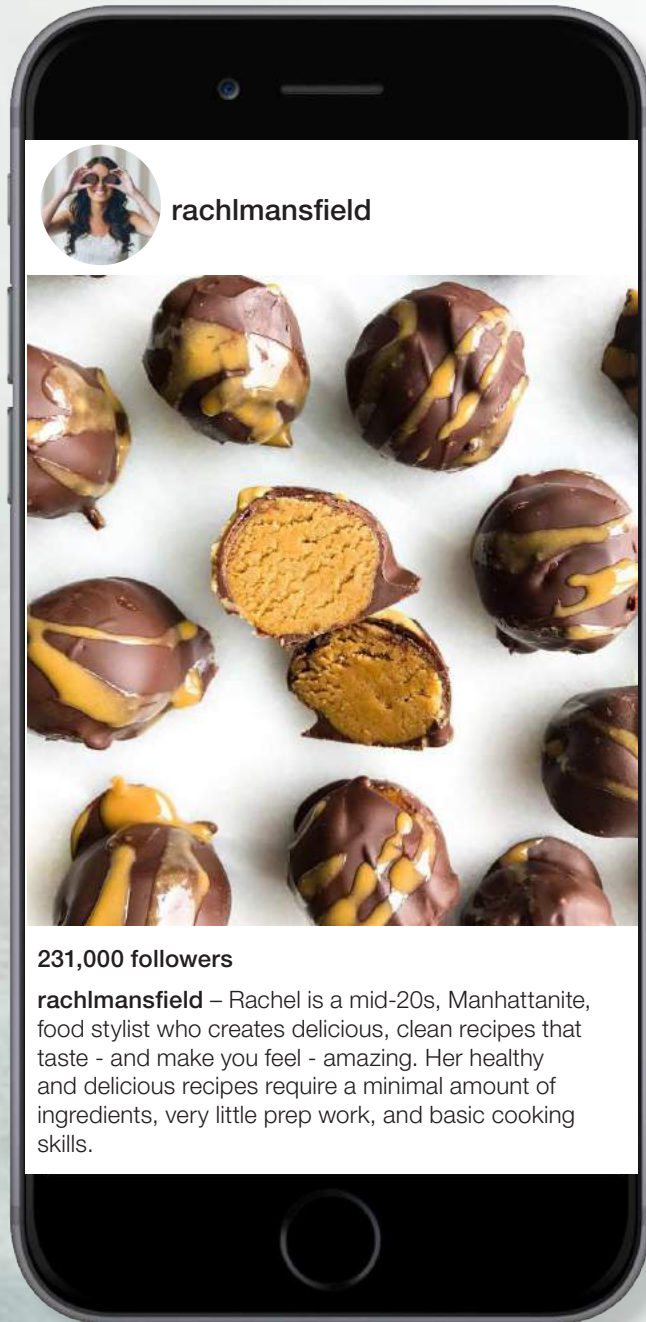
TOTAL TIME
10 Minutes

MAKES
12 Bars

“Can we talk about how fudgy these chocolate coconut protein bars are?”



SunButter® Chocolate Covered Cookie Dough Truffles



INGREDIENTS

- 3/4 cup SunButter (Rachel used Organic)
- 1/4 cup coconut flour (have not tested other flours)
- 2 teaspoons vanilla extract
- 2 tablespoons maple syrup (honey will also work)
- 1/2 cup dark chocolate chips
- 1 teaspoon coconut oil

Recipe By Rachel Mansfield
@rachlmansfield

TOTAL TIME
1 Hour

MAKES
10 To 12 Truffles

"Peanut free, nut free, vegan, and made with simple ingredients!"

INSTRUCTIONS

In a food processor, pulse together SunButter, coconut flour, vanilla extract, and maple syrup until completely blended (until it forms into a little ball).

Line a baking tray or cutting board with parchment paper.

Using a cookie scooper or your hands, form about 1 tablespoon of dough into a ball and place on baking tray.

Continue until all dough is used.

Place in freezer for about 15 to 30 minutes.

In a microwave safe bowl, melt dark chocolate chips and coconut oil in 30 second increments until melted (stir in between).

Dip each truffle in the chocolate and cover completely.

Place back on baking tray and put in freezer for another 30 to 60 minutes, then enjoy!

Will stay good in fridge for about a week or freezer for a couple of months.



Low Sugar SunButter® Chocolate Bark

Recipe By Rachael DeVaux, RD
@rachaelsgoodeats

TOTAL TIME
10 Minutes

MAKES
5 To 7 Servings

“Sooooo I made one of my favorite super low sugar desserts last night, and it turned out PERFECT. Chocolate bark with all the toppings, including drizzles of SunButter Organic.”



INGREDIENTS

BARK

- 1/2 cup coconut oil (measured solid), melted
- 2 tablespoons MCT oil (optional)
- 1/3 cup cacao powder
- 1 teaspoon vanilla extract

OPTIONAL TOPPINGS

- Chia seeds
- Grain free granola
- Coconut flakes
- Cacao nibs
- Blueberries

DRIZZLE

- SunButter Organic

INSTRUCTIONS

Melt coconut oil in a large bowl then mix remaining bark ingredients together.

Cover an 8x8-inch dish with parchment paper and pour liquid mixture over the top.

Freeze for about 5 to 7 minutes until majority of mixture has set, but soft enough so that the toppings stick.

Top with chia seeds, grain free granola, coconut flakes, cacao nibs, cashews, blueberries, and drizzled SunButter.

Freeze for another 20 minutes, remove from freezer and break into large pieces. Store in airtight container in the freezer.



Double Chocolate SunButter® Crunch Bites



INGREDIENTS

- 2/3 cup SunButter Natural Crunch
- 1/3 cup maple syrup
- 2 tablespoons coconut oil
- 1/2 teaspoon vanilla extract
- Pinch of sea salt
- 2 tablespoons cocoa powder
- 3 cups unsweetened puffed rice cereal
- Melted vegan chocolate chips (optional)
- Toasted sunflower seeds and cacao nibs for garnish (optional)

INSTRUCTIONS

In a microwave or double boiler, stir together the SunButter, maple syrup, coconut oil, vanilla, salt, and cocoa powder until melted and smooth.

Stir the SunButter mixture and puffed rice together in a large bowl until thoroughly combined.

Line a baking sheet with parchment and lightly oil your hands with coconut oil.

Measure a heaped tablespoon of the SunButter and puffed rice mixture and shape it into a ball and place it on prepared baking sheet. Repeat with remaining mixture.

Refrigerate bites for 15 minutes.

Dip bites in melted chocolate and garnish with sunflower seeds/cacao nibs.

Store bites in a sealed container in the refrigerator for up to 5 days.

Recipe By *Laura Wright*
@thefirstmess

TOTAL TIME
10 Minutes

MAKES
5 To 7 Servings

“I use SunButter in so many things because its pure and sweet sunflower seed flavor is so diverse.”



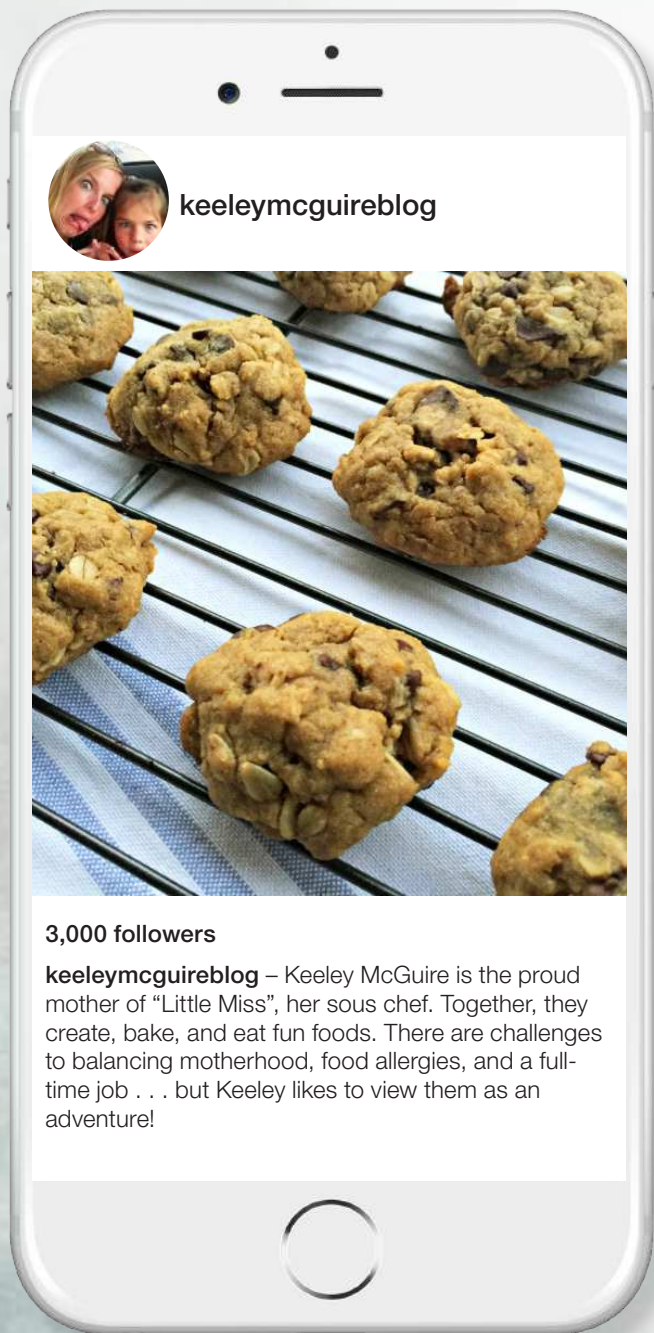
Ultimate SunButter® Vegan Cookies

Recipe By Keeley McGuire
@keelemcguireblog

TOTAL TIME
35 Minutes

MAKES
36 Cookies

“Have no fear, the ultimate SunButter cookie recipe is here!”



INGREDIENTS

- 3/4 cup softened (not melted) dairy free butter
- 3/4 cup white sugar
- 1/2 cup brown sugar
- 1/2 cup SunButter Natural Crunch
- 1 flax egg (1 tablespoon of flax meal plus 3 tablespoons warm water, stir and set until gel-like consistency)
- 1/4 cup dairy free milk
- 1/8 cup unsweetened applesauce
- 1 teaspoon vanilla
- 1-3/4 cups gluten free all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 cup gluten free old fashion oats
- 6 Free2Be™ Dark Chocolate SunCups, roughly chopped
- 1/2 cup vegan mini semisweet chocolate chips (we used Enjoy Life® brand)

INSTRUCTIONS

Preheat oven to 350°F. Line baking sheet(s) with parchment paper and set aside.

In a food processor or stand mixer with the mixing blade attachment, cream together the dairy free butter, white sugar, and brown sugar. Add in the SunButter and mix again. Add in the flax egg, dairy free milk, applesauce, and vanilla. Mix until fully blended.

In a separate large mixing bowl, stir together the gluten free flour, baking soda, cinnamon, and salt. Add to the processor or stand mixer cookie batter and mix until fully combined. (Note: If you have a small stand mixer or food processor, you may want to transfer cookie batter to a larger mixing bowl to stir in the next steps by hand.) Pour in the gluten free oats and mix by hand.

Add the chopped SunCups and chocolate chips and mix by hand, again. Start forming dough into 1-1.5" size balls by rolling it in your hands. (Note: If dough is too crumbly to roll, try stirring in more dairy free milk but no more than 2 tablespoons at a time.)

Cookies do not have much spread, so just make sure they're not touching when placing on the baking sheet.

Bake for approximately 10 to 12 minutes. Cookies will still be soft to touch, but you'll want to let them sit on the pan for 4 to 5 minutes before transferring to a cooling rack.

Repeat until dough is gone.



SunButter® Confetti Bars

Recipe By Elizabeth DiBurro
@ebfoodallergies

TOTAL TIME
20 Minutes

MAKES
18 Bars

“Your kids will love these –
egg, dairy, peanut,
and nut free bars!”

INGREDIENTS

FUDGE LAYER

2 cups allergy-friendly square pretzels
1/2 cup allergy-friendly shortening
1/2 cup SunButter (any variety)
2 cups powdered sugar

CHOCOLATE MARSHMALLOW LAYER

1 cup allergy-friendly chocolate chips
1 overflowing cup of mini marshmallows

SPRINKLE LAYER

1 vegan white chocolate bar
Chopped rainbow sprinkles

INSTRUCTIONS

Line a 9x9-inch pan with parchment or waxed paper. Cut slits on each corner to allow the paper to lay flat against the sides. Spread one layer of pretzels evenly on the bottom of the pan.

Add shortening and SunButter to a microwave safe bowl. Microwave for 1 minute and stir. Add powdered sugar to the bowl and mix well. Slowly pour the SunButter mixture over the pretzels, covering each one. Put the pan into the freezer while making the next step.

Add the chocolate to a medium sized microwave safe bowl. Microwave in increments of 40 seconds and stir until chocolate is completely melted. Add marshmallows to the bowl and stir to cover with chocolate. Remove the pan from the freezer and pour the chocolate marshmallow mixture on top of the SunButter layer spreading it evenly. Add plain marshmallows in between the chocolate marshmallows to fill any holes.

Add the chopped, vegan white chocolate bar to a small microwave safe bowl. Microwave in increments of 40 seconds and stir until completely melted. Drizzle the melted white chocolate on top of the SunButter mixture and sprinkle with rainbow sprinkles. Chill the bars in the refrigerator or freezer until completely set. Cut into 1-inch bars and store in a tightly closing container in the refrigerator.





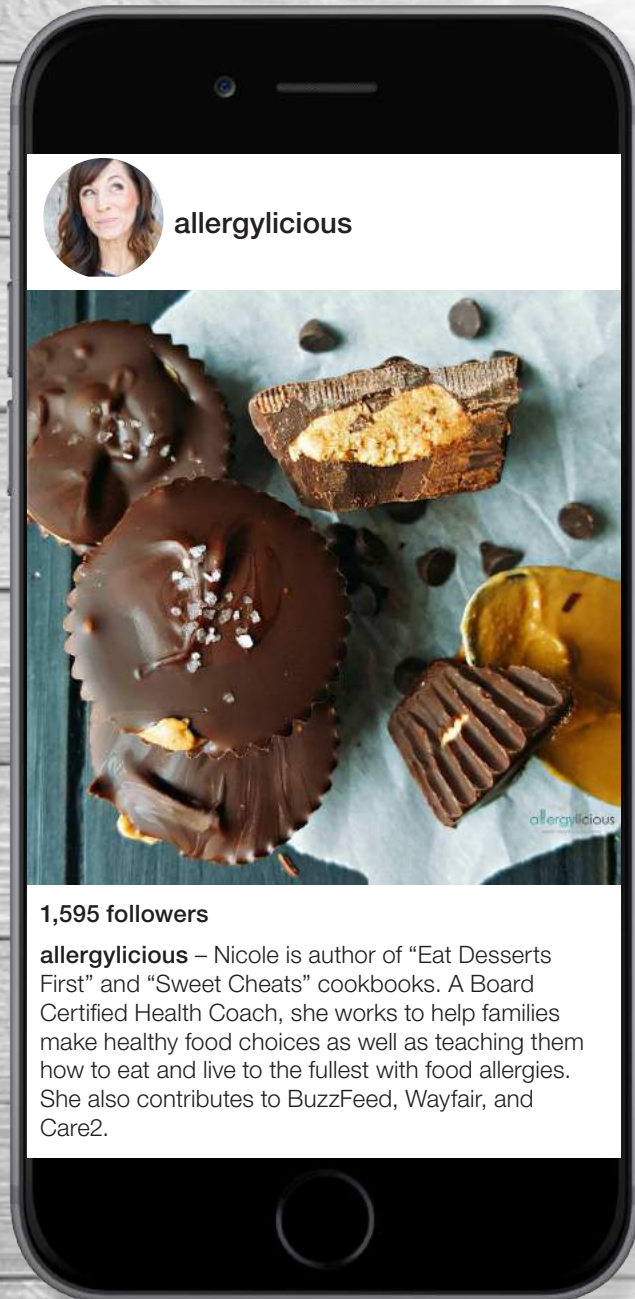
SunButter® Chocolate Protein Cups

Recipe By Nicole Dawson
@allergylicious

TOTAL TIME
35 Minutes

MAKES
24 Mini Cups

"I'm always on the lookout for healthy snacks for my family. These SunButter cups are easy to make, have none of the junk, all of the clean protein, and taste like dessert."



INGREDIENTS

- 4 tablespoons SunButter (any variety)
- 1 tablespoon coconut oil
- 1 serving vanilla protein powder (allergy-friendly brand)
- 1-1/2 cups allergy-friendly chocolate chips
- Sea salt (optional)

INSTRUCTIONS

Line mini muffin tin with liners.

In a saucepan, melt and stir together SunButter and coconut oil on low heat.

Remove from heat and add protein powder. Stir until smooth.

Reserve 1/3 cup chocolate chips (set aside).

Melt remaining chocolate chips over a double boiler, stirring to help the melting process. Remove from heat and then stir in remaining chocolate chips. Stir until those are melted.

Add approximately 1 tablespoon of melted chocolate into the bottom of the cupcake liners.

Add approximately 1 tablespoon of SunButter mix on top of chocolate base and gently spread before topping with additional melted chocolate.

Option: sprinkle with a pinch of sea salt.

Freeze for 20 minutes or until ready to serve.

Store in refrigerator up to 2 weeks (if they last that long) and snack as desired.



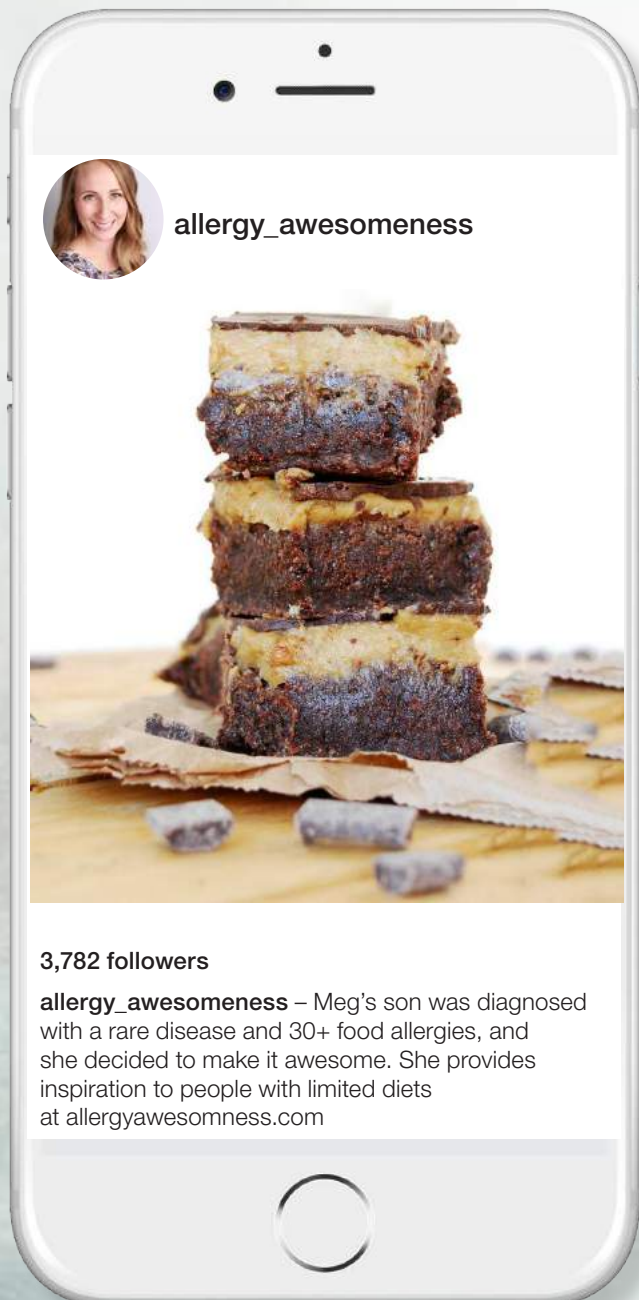
Triple Layer SunButter® Ganache Brownies

Recipe By Megan Lavin
allergyawesomeness.com

TOTAL TIME
30 Minutes

MAKES
9 Large Brownies

“This chewy, fudgy brownie will cure any chocolate craving. They are vegan, gluten free, and top 8 allergen free!”



INGREDIENTS

BROWNIE LAYER

- 1-1/2 cups gluten free flour
- 1-1/2 cups sugar
- 1 cup cocoa powder
- 1-1/2 teaspoons baking powder
- 1 teaspoon xanthan gum (omit if your gluten free flour has this in it)
- 1/2 teaspoon salt
- 2/3 cup coconut oil, melted
- 4 flax eggs (4 tablespoons of ground flax mixed with 10 tablespoons of warm water)
- 2 teaspoons vanilla extract

SUNBUTTER FILLING

- 3/4 cup SunButter Creamy or Natural Crunch
- 4 ounces dairy-free cream cheese
- 1/4 cup powdered sugar (or more, depending on the thickness you like)
- 3 tablespoons rice milk (vanilla or plain will work)

CHOCOLATE GANACHE

- 1 cup dairy-free vegan chocolate chips
- 1 tablespoon shortening

INSTRUCTIONS

Heat oven to 350° F. Generously grease a square 9x9-inch baking dish; set aside.

In a large bowl, combine all of the dry ingredients for the brownies; set aside.

In a small bowl, combine the flax seed meal and the water. Allow it to sit while you melt the coconut oil.

In another small microwave safe bowl, put your measured coconut oil. Warm it in the microwave until it is melted. Pour both of the wet mixtures into the dry ingredients. Add the vanilla and stir until everything is incorporated. Pour the batter into the greased baking dish, and flatten it with wet or greased hands. Bake for 15 to 20 minutes (depending on how fudgy you like your brownies.) Allow them to cool completely.

While they are cooling, make the 2nd layer. In a stand mixer with the paddle attachment, combine all of the filling except for the rice milk – being sure to scrape the bottom and sides. Slowly add the rice milk, until you reach your desired consistency. If it's too thin, you can always add more powdered sugar. You'll want this quite thick, as sitting on top of the brownies will soften the layer. Spread this onto the cooled brownies.

Finally, in a small microwave safe bowl place the chocolate chips and shortening. Melt on medium heat for 20-30 seconds at a time, stirring after every time until the chocolate chips are completely melted. Pour the chocolate onto the SunButter layer and spread evenly with a spatula.

Place the brownies in the fridge to allow the chocolate ganache to harden. Cut into squares and eat. Best if eaten right away. If you need to store them, they freeze great, or they keep for a day or two in an air-tight container.

No Bake Chocolate Oatmeal SunButter® Cookies



Recipe By *Melissa Baswell Williams*
@bubbyandbean

TOTAL TIME
45 Minutes

MAKES
12 to 16 Balls

INGREDIENTS

4 tablespoons SunButter Organic
1/2 to 3/4 cups organic semisweet chocolate chips
4 tablespoons organic milk (or milk substitute)
1-1/2 cups old-fashioned oats

INSTRUCTIONS

Cover a baking sheet with waxed paper; set aside.

In a sauce pan over low to medium heat, combine SunButter and milk, mixing well. Stir in the chocolate chips until completely melted, then continue stirring while sprinkling in the oats.

Remove from heat and use a cookie scoop to drop balls of batter onto your prepared baking sheet.

Slightly press each ball down, then let set in the refrigerator for 20 to 30 minutes.

Eat!

“My secret ingredient in these yummy treats is the SunButter, which is a delectable sunflower butter that can be used in place of nut butters in almost any recipe.”



10,600 followers

bubbyandbean – Melissa Baswell Williams is the founder/editor/creative director at Bubby and Bean. She is a former sustainable fashion designer, a traveler, a dog lover, mother of two, an avid fun seeker, and a foodie.



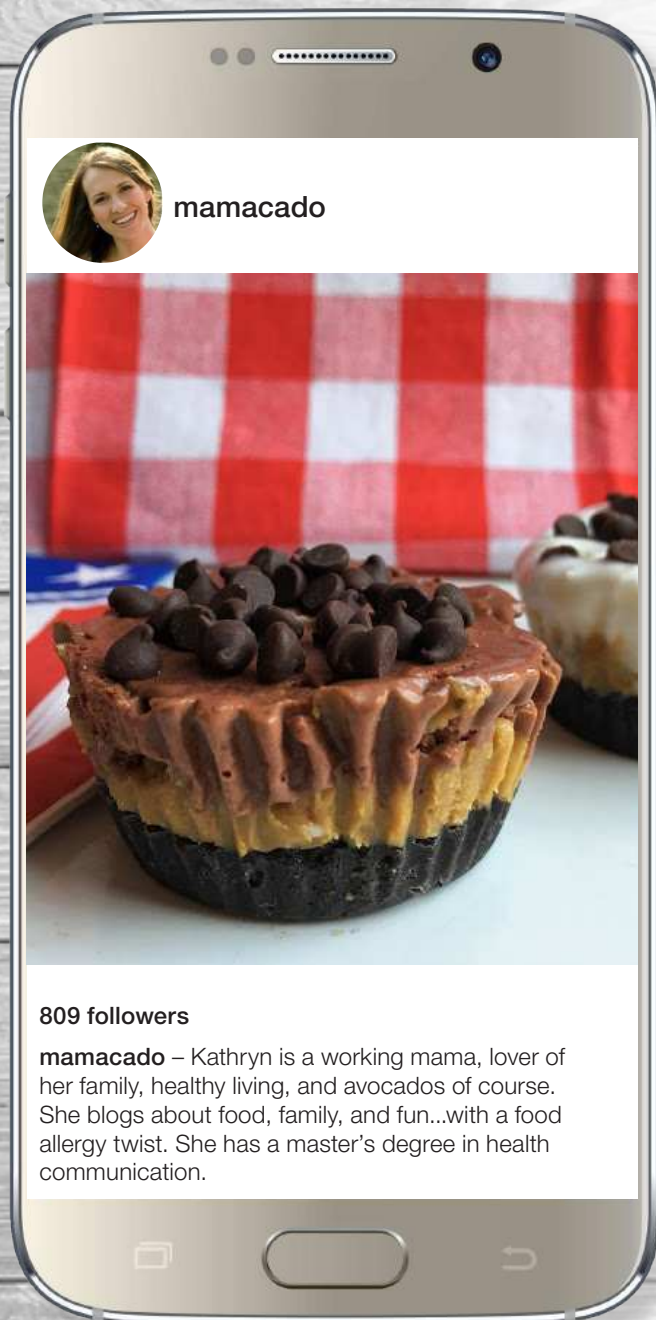
SunButter® Ice Cream Cupcakes

Recipe By Kathryn Martin
@mamacado

TOTAL TIME
1 Hour

MAKES
12 Cupcakes

“These SunButter Ice Cream Cupcakes are the perfect fun treat for a hot summer’s day. But what’s even better? They’re a dairy free, nut free, and allergy friendly dessert of course!”



INGREDIENTS

COOKIE CRUST

14 crushed dairy free chocolate sandwich cookies
4 tablespoons melted dairy free butter (Kathryn used Earth Balance®)

SUNBUTTER FILLING

3/4 cup SunButter (Kathryn used Natural)
1/2 cup powdered sugar
4 tablespoons soft dairy free butter (again, Earth Balance®)

ICE CREAM

3 cups dairy free ice cream, any flavor, or frozen whipped topping (Kathryn used SoDelicious®)

INSTRUCTIONS

Line a cupcake pan with foil cupcake wrappers. Include the paper wrappers if they come in the foil. This makes it easier to peel off when the cupcake is frozen.

Crush cookies in food processor. Combine with melted dairy-free butter.

Firmly press 1 tablespoon of cookie mixture into the bottom of each cupcake liner.

Beat SunButter, powdered sugar, and dairy-free butter with electric mixer until combined. Spread 1 heaping tablespoon of SunButter mixture in each cupcake liner as next layer.

Scoop 1/4 cup of slightly soft dairy-free ice cream into each cupcake liner and smooth on top. The cupcake should be filled to the top of the cupcake liner.

Top with your favorites. We like crushed cookies, Enjoy Life® Chocolate Chips, or India Tree® Sprinkles.



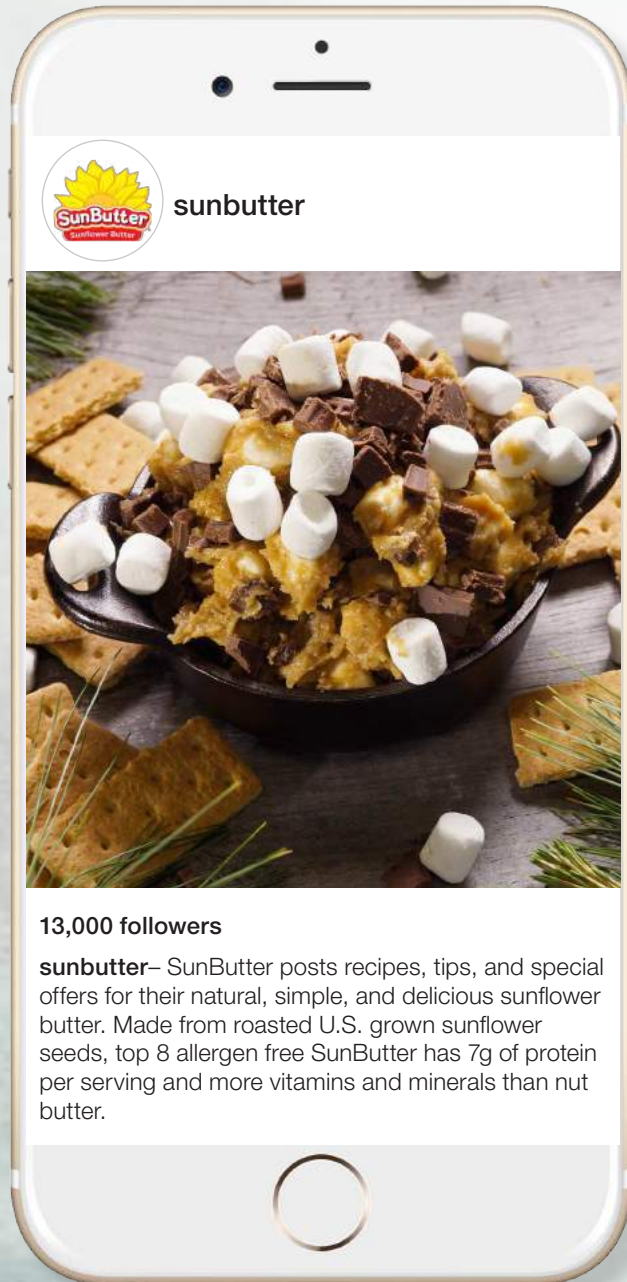
SunButter® S'Mores Dip

Recipe By SunButter
@sunbutter

TOTAL TIME
20 Minutes

MAKES
12 Servings

"You don't have to wait until you build a campfire to enjoy this! SunButter S'Mores Dip is easy to make and fun to eat, indoors or out."



INGREDIENTS

- 1/2 cup (1 stick) unsalted butter, softened
- 1/2 cup SunButter Creamy
- 1/2 cup brown sugar
- 1 (8-ounce) block cream cheese, softened
- 1 cup powdered sugar
- 1 teaspoon vanilla
- Pinch salt
- 1 cup chopped chocolate candy bars, divided
- 1 cup mini marshmallows, divided
- Graham crackers for serving

INSTRUCTIONS

In the bowl of a stand mixer or large bowl with hand mixer, beat butter, SunButter, and brown sugar until light and fluffy. Add cream cheese and beat until mixture is smooth, scraping down sides of bowl as necessary. Slowly beat in powdered sugar, vanilla, and salt.

Use a rubber spatula to fold in about 3/4 cup of chopped chocolate and 3/4 cup of mini marshmallows.

Place in serving bowl. Sprinkle top with remaining 1/4 cup of chocolate and 1/4 cup marshmallows. Chill until ready to serve.

Use graham crackers as dippers.

13,000 followers

sunbutter– SunButter posts recipes, tips, and special offers for their natural, simple, and delicious sunflower butter. Made from roasted U.S. grown sunflower seeds, top 8 allergen free SunButter has 7g of protein per serving and more vitamins and minerals than nut butter.



Chocolate SunButter®

Recipe By SunButter
@sunbutter

TOTAL TIME
20 Minutes

MAKES
16 Servings

“Deliciously smooth, rich and peanut free Chocolate SunButter. Enjoy it on fruit, bread, celery sticks, pancakes, or just eat it right off the spoon.”



INGREDIENTS

- 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 (we used Creamy)

INSTRUCTIONS

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

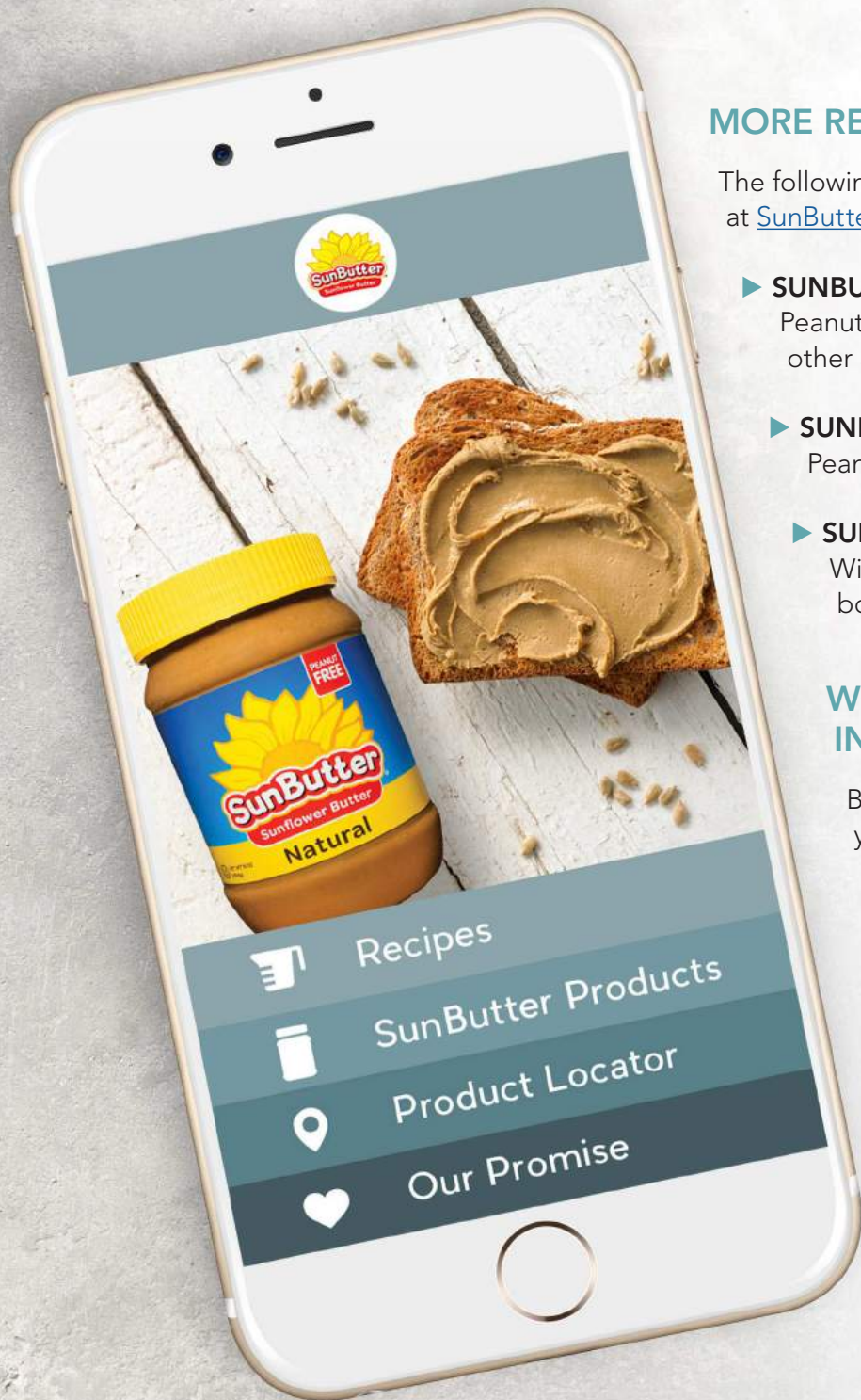
Remove from heat and let cool for at least 5 minutes.

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

Store in refrigerator. It will keep for about one week.

SERVING SUGGESTIONS

- Serve with strawberries or apple slices for dipping.
- Go savory-sweet and spread inside celery sticks.
- Spread on waffles, pancakes, or toast.
- Dip out a spoonful and enjoy!



MORE RECIPE COLLECTIONS FROM SUNBUTTER

The following recipe books are available for download at SunButter.com/freerecipebook

▶ **SUNBUTTER SCHOOL SAFE RECIPE BOOK**

Peanut free and tree nut free recipes that are safe to take to school and other activities.

▶ **SUNBUTTER SNACK RECIPE BOOK**

Peanut free and tree nut free snacks made with SunButter.

▶ **SUNBUTTER FAN FAVORITE RECIPE BOOK**

Winning recipes from our first ever recipe contest are featured in this book.

WOULD YOU LIKE TO SEE YOUR RECIPE IN A SUNBUTTER RECIPE COLLECTION?

Be sure to tag @SunButter on your original recipe, and we may invite you to be featured in the next SunButter recipe collection!

Download Our Free App For 100+ Recipe Ideas!



www.SunButter.com