



WORRY-FREE CULINARY  
SunButter  
PLAYBOOK

C&U Plant-based recipes & inspiration for allergy-friendly menus

# TOP WAYS CAMPUSES ARE GOING WORRY-FREE

Savvy foodservice directors are anticipating the future of C&U by finding ways to:

## Keep students safe with inclusive menus.

There's a growing need to train culinary teams to identify and handle common food allergens. That's an extensive investment, but there's a simpler approach. SunButter offers a fast-track to worry-free menus everyone can enjoy, free of the top 9 food allergens.

## Build engagement around sustainability.

Gen Z and future generations are calling loud and clear for sustainable practices. Involve students in your foodservice program by talking with them about better ingredient choices like SunButter – made in the USA from sustainable sunflower seeds, harvested from naturally drought-resistant sunflower plants.

BÁNH MÌ WITH SPICY SUNBUTTER® SAUCE



## Help students eat anywhere.

Menu flexibility across campus is IN, so ingredient versatility is a MUST. In this playbook you'll find recipes that can be served in the cafeteria line or easily portioned for grab & go and campus retail.

## Embrace new tastes.

Differentiating a foodservice program means taking a fresh look at flavors of the future. Find inspiration throughout this guide for recipes that incorporate key long-term trends of global flavors, superfoods, and reinvented comfort foods.



**SUNBUTTER®  
RED CURRY  
COCONUT  
CREAM SOUP**

Flavorful Thai-inspired soup loaded with chicken, veggies, cilantro, lime, and basil.



**SUNBUTTER®  
PARFAIT**

Layers of Greek yogurt, granola, and Creamy SunButter, topped with fresh fruit – perfect for grab & go!

**4**

**NEXT-LEVEL  
MENU IDEAS**

Keep reading & visit  
[SunButterFoodservice.com](http://SunButterFoodservice.com)  
for more recipes!



**SUNBUTTER®  
GREEN GODDESS  
SALAD**

A superfood vegan salad made with kale (any lettuce, kale, or spinach variety will work!), mixed with loads of bright veggies and topped with an herb-packed SunButter dressing.



**SUNBUTTER®  
TOASTIES**

Savory grilled cheeses with layers of SunButter. Grill on Texas toast, sourdough, or other thick bread that will char up with a buttery crunch. Add jams, dips, pickles, and anything you might dream up!

# SUNBUTTER DRESSING IN A SALAD SHAKER

Serve the ultimate blend of flavors and textures in one nutritious meal, ready to shake & enjoy on the go! It's a deliciously satisfying combination that will leave students feeling energized and satisfied.



25 SERVINGS

Ingredients	Amount and measure
SunButter Blended Dressing	37.5 oz (approx. 5 cups)
Basmati Rice, cooked	75 oz (approx. 5 pounds)
Yellow Bell Pepper, diced	25 oz (approx. 1½ pounds)
Red Bell Pepper, diced	25 oz (approx. 1½ pounds)
Green Peas, blanched	37.5 oz (approx. 2¼ pounds)
Shredded Carrot	12.5 oz (approx. ¾ pounds)
Crispy Onion Tangles	12.5 oz (approx. ¾ pounds)

## Nutrition Information

**Serving Size:** 1 salad shaker (approx. 7 1/2 oz per shaker)  
**Amount Per Serving**

Calories: Approx. 220

Protein: Approx. 5g

Carbohydrates: Approx. 32g

Fat: Approx. 8g

Fiber: Approx. 4g

Calcium: Varies based on specific ingredients used

*Note: Nutritional values are estimates and can vary depending on the specific brands and types of ingredients used.*

## Directions

### Prepare Ingredients

1. Cook the basmati rice according to package instructions and let it cool.
2. Dice the yellow and red bell peppers.
3. Blanch the green peas by boiling them briefly and then cooling them in ice water.
4. Shred the carrots.
5. Measure out the crispy onion tangles.

### Assemble Salad Shakers

1. Distribute the ingredients evenly across 25 individual cups with lids.
2. In each cup, layer the following:  
Bottom layer: 1.5 oz SunButter Blended Dressing  
Second layer: 3 oz cooked Basmati rice  
Third layer: 1 oz yellow bell pepper  
Fourth layer: 1 oz red bell pepper  
Fifth layer: 1.5 oz green peas  
Sixth layer: 0.5 oz shredded carrot  
Top layer: 0.5 oz crispy onion tangles

### Serve

1. Seal each cup securely with its lid.
2. Provide instructions to shake the cup vigorously before consuming to mix the dressing with the other ingredients evenly.

### Critical Control Points

Ensure all ingredients, especially perishable items like vegetables and dressing, are kept at or below 40°F (4°C) until assembly.

Assemble the salad shakers close to serving time or store them in a refrigerator to maintain freshness and quality.

# CREAMY SPICED KOREAN CHICKEN SALAD

A savory chicken salad with a creamy, spicy kick! Mixed with prepared Gochujang, red onion and cilantro. Serve alongside tangy pickled cucumbers and fresh seasonal fruit.



25 SERVINGS

## Nutrition Information

**Serving Size:** Approx. 4 oz

### Amount Per Serving

Calories: Approx. 220

Protein: Approx. 15g

Carbohydrates: Approx. 10g

Fat: Approx. 14g

Fiber: Approx. 1g

Calcium: Varies based on specific ingredients used

*Note: Nutritional values are estimates and can vary depending on the specific brands and types of ingredients used.*

Ingredients	Amount and measure
<b>Protein Salad</b>	
Cooked Chicken, diced, skinless, boneless	82 oz (approx. 5 pounds)
Red Onion, diced	4 oz (½ cup)
Celery, diced	3 oz (6 Tbsp)
Ground Black Pepper	0.5 oz (1 Tbsp)
Salt	0.7 oz (approx. 1½ Tbsp)
<b>Korean Dressing</b>	
Creamy SunButter	12 oz (1½ cups)
Prepared Gochujang, Korean Chili Paste	8.6 oz (approx. 1 cup)
Rice Wine Vinegar	2.4 oz (approx. 5 Tbsp)
Honey	4.8 oz (approx. ½ cup)
Canned Coconut Milk, full-fat	9.6 oz (approx. 1¼ cup)
Lime Juice, freshly squeezed for best flavor	0.96 oz (2 Tbsp)

## Directions

### Prepare the Protein Salad

1. In a large mixing bowl, combine the cooked, diced chicken with the diced red onion and celery.
2. Season the mixture with ground black pepper and salt. Toss well to ensure even distribution of ingredients.

### Prepare the Korean Dressing

1. In a separate bowl, combine the Creamy SunButter, prepared Gochujang, rice wine vinegar, honey, canned coconut milk, and lime juice.
2. Whisk until all ingredients are fully incorporated and the dressing is smooth and creamy.

### Combine Salad and Dressing

1. Pour the prepared Korean dressing over the chicken mixture.
2. Gently toss until the chicken and vegetables are evenly coated with the dressing.

### Chill and Serve

1. Transfer the salad to a serving container.
2. Cover and refrigerate for at least 1 hour before serving to allow the flavors to meld.
3. Serve approximately 4 ounces of the salad per portion.

# CHOCOLATE SUNBUTTER & ACAI BERRY BOWL

A chocolatey, chilled and satisfying blend of SunButter, Acai and milk. Top with choice of colorful fruit.



50 SERVINGS

Ingredients	Amount and measure
Chocolate SunButter	35 oz (approx. 4½ cups)
Frozen Acai	100 oz (approx. 6¼ pounds)
Milk or Dairy-Free Milk Alternative	50 oz (approx. 6¼ cups)

## Nutrition Information

**Serving Size:** 4 oz (approx. ½ cup)

### Amount Per Serving

Calories: Approx. 150

Protein: Approx. 5g

Carbohydrates: Approx. 19g

Fat: Approx. 7g

Fiber: Approx. 3g

Calcium: Varies based on milk choice

*Note: Nutritional values are estimates and can vary depending on the specific brands and types of ingredients used.*

## Directions

### Thaw Acai

1. Thaw the frozen acai in a refrigerator until it reaches a slushy consistency.

### Combine Ingredients

1. In a large mixing bowl, combine the thawed acai, chocolate SunButter, and milk.
2. Mix until all ingredients are well incorporated and smooth.

### Portion and Serve

1. Using a standard scoop, portion 4 ounces (approximately ½ cup) of the mixture into individual serving bowls.
2. Serve immediately or store in the refrigerator until ready to serve.

### Critical Control Points

Maintain the mixture at or below 40°F (4°C) to ensure food safety.

Serve the prepared bowls within 24 hours of preparation.

# CHOCOLATE SUNBUTTER SWICY SAUCE

Students will love the decadent taste with stealth-health nutrition. Drizzle this dairy-free, nut-free chocolate sauce on top of sweet potato fries or anything that needs a swicy, chocolatey kick!



Ingredients	Amount and measure
Chocolate SunButter	35 oz (approx. 4½ cups)
Powdered Sugar	40 oz (approx. 5 cups)
Water	30 oz (approx. 3¾ cups)
Cornstarch	2.5 oz (approx. ½ cup)

## Nutrition Information

**Serving Size:** 4.25 oz

### Amount Per Serving

Calories: Approx. 220

Protein: Approx. 3g

Carbohydrates: Approx. 32g

Fat: Approx. 10g

Fiber: Approx. 2g

Calcium: Varies based on ingredients used

*Note: Nutritional values are estimates and can vary depending on the specific brands and types of ingredients used.*

## Directions

### Prepare Simple Syrup

1. In a medium saucepan, combine the powdered sugar and water.
2. Heat the mixture over medium heat, stirring continuously until the sugar is fully dissolved.

### Thicken with Cornstarch

1. In a small bowl, dissolve the cornstarch in an equal amount of cold water to create a slurry.
2. Gradually add the cornstarch slurry to the simple syrup, stirring constantly.
3. Continue to cook the mixture over medium heat until it thickens to a syrupy consistency. This should take about 2-3 minutes.

### Cool the Syrup

1. Remove the saucepan from heat and let the syrup cool to room temperature.

### Blend in Chocolate SunButter

1. Once the syrup has cooled, transfer it to a large mixing bowl.
2. Add the chocolate SunButter to the syrup.
3. Using a hand mixer or stand mixer, blend until the mixture is smooth and well combined.

### Portion and Serve

1. Evenly distribute the finished blend into individual servings of 4.25 ounce each.
2. Serve immediately or store in the refrigerator until ready to serve.

### Critical Control Points

Ensure the syrup cools completely before blending with the chocolate SunButter to maintain proper texture and consistency.

Store the prepared mixture at or below 40°F (4°C) and consume within 24 hours to ensure food safety and quality.

# CHOCOLATE SUNBUTTER SMOOTHIE

Wake up cafeteria to-go options and campus stores with the mocha-forward yogurt smoothie.



25 SERVINGS

Ingredients	Amount and measure
Chocolate SunButter	50 oz (approx. 6¼ cups)
Ice	125 oz (approx. 7¾ pounds)
Milk or Dairy-Free Milk Alternative	100 oz (approx. 12½ cups)
Instant Granulated Coffee	6.25 oz (approx. 1 cup)
Vanilla Yogurt	100 oz (approx. 12½ cups)

## Nutrition Information

**Serving Size:** 15 oz  
**Amount Per Serving**

Calories: Approx. 250

Protein: Approx. 8g

Carbohydrates: Approx. 35g

Fat: Approx. 10g

Fiber: Approx. 2g

Calcium: Varies based on milk and yogurt used

*Note: Nutritional values are estimates and can vary depending on the specific brands and types of ingredients used.*

## Directions

### Prepare Ingredients

1. Measure out all ingredients to ensure an efficient blending process.

### Blend the Smoothie

1. In a high-capacity blender, combine the ice, milk, instant coffee, and vanilla yogurt. Blend on high until the mixture is smooth and frothy.
2. Add the chocolate SunButter to the blender and continue blending until all ingredients are well incorporated and the smoothie reaches a creamy consistency.

### Portion and Serve

1. Pour the blended mixture into individual serving cups, ensuring each portion is approximately 15 ounces.
2. Serve immediately for the best texture and flavor.



# CREAMY SUNBUTTER CHEESECAKE DIP

Pair this delightfully creamy dip with fresh seasonal fruits and graham crackers for a satisfying crunch and extra dipping delight. Great for grab & go.



## Nutrition Information

**Serving Size:** 4 oz  
**Amount Per Serving**

Calories: Approx. 280  
Protein: Approx. 5g  
Carbohydrates: Approx. 20g  
Fat: Approx. 20g  
Fiber: Approx. 1g  
Calcium: Varies based on specific ingredients used

*Note: Nutritional values are estimates and can vary depending on the specific brands and types of ingredients used.*

Ingredients	Amount and measure
Creamy SunButter	28 oz (3½ cups)
Whipped Cream Cheese, reduced-fat if available	60 oz (7½ cups)
Powdered Sugar	30 oz (3¾ cups)
Lemon Juice, freshly squeezed for best flavor	1.5 oz (3 Tbsp)
Vanilla Extract	1.5 oz (3 Tbsp)

## Directions

### Ingredient Preparation

1. Ensure all ingredients are at room temperature to facilitate easy mixing. This step is crucial for achieving a smooth texture.

### Mixing Instructions

1. In a large mixing bowl, combine the whipped cream cheese and powdered sugar. Use a commercial mixer on medium speed until the mixture is smooth and creamy.
2. Add the Creamy SunButter, lemon juice, and vanilla extract to the bowl. Continue mixing until all ingredients are fully incorporated, resulting in a uniform, creamy blend.

### Chilling Instructions

1. Transfer the mixture to individual serving containers.
2. Cover and refrigerate for at least 1 hour to allow the flavors to meld and the dip to firm up slightly.

### Portioning and Serving

1. Serve with an assortment of fresh fruit slices such as strawberries, apple slices, and grapes, along with whole grain graham crackers.

# CHOCOLATE SUNBUTTER SHIITAKE BEEF STEW

Rich umami flavor is simmered into this shitake mushroom beef stew. Smoky notes, deep hints of chocolate and earthy flavor from the Chocolate SunButter will make meat eaters crave more.



Ingredients	Amount and measure
Chocolate SunButter	4.2 oz (½ cup)
Beef Broth, low sodium preferred	44.8 oz (5½ cups)
Celery, diced	4.2 oz (½ cup)
Beef Stew Meat, cubed, lean cuts	44.8 oz (5½ cups)
Onion, diced	11.2 oz (approx. 1½ cups)
Mushrooms, sliced, Shiitake or button	22.4 oz (approx. 2¾ cups)
Garlic, minced	1.4 oz (approx. 3 Tbsp)
Carrots, diced	22.4 oz (approx. 2¾ cups)
Dried Thyme	0.35 oz (2 tsp)
Salt	1 oz (2 Tbsp)
Black Pepper	0.7 oz (approx. 1½ Tbsp)
Bay Leaves	3 each

## Nutrition Information

**Serving Size:** Approx. 6.5 oz  
**Amount Per Serving**

Calories: Approx. 200  
Protein: Approx. 15g  
Carbohydrates: Approx. 10g  
Fat: Approx. 10g  
Fiber: Approx. 2g  
Calcium: Varies based on specific ingredients used

*Note: Nutritional values are estimates and can vary depending on the specific brands and types of ingredients used.*

## Directions

### Prepare Ingredients

1. Dice the celery, onion, and carrots.
2. Slice the mushrooms.
3. Mince the garlic.
4. Cube the beef stew meat if not pre-cubed.

### Sear the Meat

1. In a large pot or Dutch oven, heat a small amount of oil over medium-high heat.
2. Add the beef stew meat and sear on all sides until browned. Remove the meat from the pot and set aside.

### Cook the Vegetables

1. In the same pot, add the diced onions, celery, and carrots. Cook for about 5 minutes until they begin to soften.
2. Add the sliced mushrooms and minced garlic, cooking for an additional 2-3 minutes.

### Combine and Simmer

1. Return the seared beef to the pot.
2. Pour in the beef broth and stir in the SunButter Chocolate until fully melted and incorporated.
3. Add the dried thyme, salt, black pepper, and bay leaves.
4. Bring the mixture to a boil, then reduce heat to low. Cover and let simmer for approximately 1.5 hours, or until the beef is tender and the flavors have melded together.

### Final Adjustments

1. Remove the bay leaves before serving.
2. Taste and adjust seasoning if necessary.

### Serve

1. Ladle approximately 6.5 ounces of the stew into bowls for each serving.

# SUNBUTTER RED CURRY COCONUT SOUP

A heartwarming coconut cream curry soup loaded with veggies, chicken, cilantro, lime and basil.  
A meal that is packed full of flavor.



## Nutrition Information

**Serving Size: Approx. 10 oz**  
**Amount Per Serving**

Calories: Approx. 250  
Protein: Approx. 8g  
Carbohydrates: Approx. 18g  
Fat: Approx. 18g  
Fiber: Approx. 3g  
Calcium: Varies based on specific ingredients used

*Note: Nutritional values are estimates and can vary depending on the specific brands and types of ingredients used.*

Ingredients	Amount and measure
Creamy SunButter	52 oz (approx. 6½ cups)
Coconut Milk, full-fat preferred	52 oz (approx. 6½ cups)
Chicken Base, low sodium preferred	4 oz (½ cup)
Red Curry Paste	16 oz (2 cups)
Fresh Ginger, minced	4 oz (½ cup)
Garlic, minced	2 oz (¼ cup)
Water	16 oz (2 cups)
Broccoli Florets	16 oz (2 cups)
Snap Peas	12 oz (1½ cups)
Green Zucchini, diced	16 oz (2 cups)
Red Bell Pepper, diced	12 oz (1½ cup)
Mushrooms, sliced, Shiitake or Button	12 oz (1½ cup)
Lime Juice, freshly squeezed for best flavor	2 oz (¼ cup)
Precooked Chicken, diced, skinless, boneless	25 oz (3 cups)

## Directions

### Develop the Cream Base

1. In a large pot, combine the Creamy SunButter, coconut milk, chicken base, and red curry paste.
2. Add the minced ginger and garlic.
3. Pour in the water and stir well to ensure all ingredients are thoroughly mixed.
4. Bring the mixture to a gentle simmer over medium heat, stirring occasionally.

### Add Vegetables and Chicken

1. Once the cream base is well-blended and heated through, add the broccoli florets, snap peas, diced zucchini, red bell peppers, and sliced mushrooms.
2. Continue to simmer for about 10 minutes, or until the vegetables are tender but still crisp.
3. Add the precooked, diced chicken to the pot. Stir to combine and heat through.

### Finalize the Soup

1. Add the lime juice to the soup just before serving to brighten the flavors.
2. Adjust seasoning if necessary, ensuring the balance of flavors is achieved.

### Serve

1. Ladle approximately 10 ounces of soup into bowls for each serving.

# SUNBUTTER BÁNH MÌ SPREAD

Meet the demand for global flavor with this SunButter Bánh Mì spread, spiced with chili crisp. Add pork cutlets wok-fried in fish sauce, pickled veggies, cilantro and sauce on a steamed French bun.



25 SERVINGS

Ingredients	Amount and measure
Creamy SunButter	15 oz (approx. 2 cups)
Mayonnaise	3.75 oz (approx. ½ cup)
Chili crisp	3.75 oz (approx. ½ cup)
Fish sauce	2.5 oz (5 Tbsp)

## Nutrition Information

**Serving Size:** 1 oz  
**Amount Per Serving**

Calories: Approx. 80  
Protein: Approx. 2g  
Carbohydrates: Approx. 3g  
Fat: Approx. 7g  
Fiber: Approx. 1g  
Calcium: Varies based on specific ingredients used

*Note: Nutritional values are estimates and can vary depending on the specific brands and types of ingredients used.*

## Directions

### Combine Ingredients

1. In a mixing bowl, combine the Creamy SunButter and mayonnaise. Stir until well blended.
2. Add the chili crisp and fish sauce to the mixture. Stir thoroughly until all ingredients are fully incorporated and the spread is smooth.

### Chill Before Serving

1. Transfer the mixture to a serving container.
2. Cover and refrigerate for at least 30 minutes to allow the flavors to meld together.

### Portioning and Serving

1. Use a portion scoop or spoon to measure out 1-ounce servings.
2. Serve as a spread for sandwiches, particularly Bánh Mì-inspired sandwiches, or as a flavorful dip for vegetables.

# SUNBUTTER BREAKFAST PIZZAS

Use any flatbread or prepared pizza dough. Spread your choice of SunButter on toasted bread with a variety of seasonal fruits and granola, drizzle with more SunButter, and serve!



25 SERVINGS

Ingredients	Amount and measure
Creamy or Chocolate SunButter	2 oz
Naan Bread (mini size)	2 oz each
Seasonal Fruit (e.g., berries, sliced apples, bananas)	50 oz
Optional: Granola for garnish	

## Nutrition Information

**Serving Size:** 2 oz  
**Amount Per Serving**

Calories: Approx. 150

Protein: Approx. 4g

Carbohydrates: Approx. 20g

Fat: Approx. 6g

Fiber: Approx. 3g

Calcium: Varies based on specific ingredients used

*Note: Nutritional values are estimates and can vary depending on the specific brands and types of ingredients used.*

## Directions

### Preheat and Prepare

1. Preheat the oven to 375°F (190°C).
2. Place the mini naan bread on a baking sheet lined with parchment paper.

### Spread SunButter

1. Spread approximately 2 ounces of Creamy or Chocolate SunButter evenly on each mini naan bread to create a flavorful base.

### Bake

1. Place the prepared naan/breakfast pizzas in the preheated oven and bake for about 8-10 minutes, or until the edges of the naan bread are lightly toasted.

### Fruit Toppings

1. After removing pizzas from oven and allowing to cool slightly, arrange a generous amount of seasonal fruit toppings on top of the SunButter spread. Get creative with combinations like berries, sliced apples, or bananas for a burst of freshness.

### Optional Garnish

1. For an extra crunch and texture, sprinkle a bit of granola over the fruit toppings as a delightful garnish.

# VEGGIE SAMMIES WITH SUNBUTTER SATAY SAUCE

A vegetarian delight that carnivores will love. Great crunch with a savory satay sauce. Use the extra sauce for dipping.



24 SERVINGS

Ingredients	Amount and measure	Cost per measure	Total cost
SunButter	6 cups	\$3.12	\$18.72
Lime juice	3 cups	0.54	1.62
Water	1 cup	0.00	0.00
Hoisin sauce	1 1/3 cup	1.50	2.00
Soy sauce	2/3 cup	0.96	0.64
Sriracha sauce	2/3 cup	1.73	1.16
Crusty baguette, 6-inch	24 each	0.36	8.64
Cucumbers, sliced	6 cups	0.55	3.30
Onion, sliced	6 cups	0.49	2.94
Red pepper, sliced	6 cups	0.58	3.48
Purple cabbage, sliced	6 cups	0.31	1.86
Cilantro, chopped	6 cups	1.20	7.20

## Nutrition Information

### Amount Per Serving

Calories	615
Total Fat	38.7g
Saturated Fat	6.1g
Cholesterol	5mg
Sodium	1159mg
Total Carbohydrate	47.2g
Dietary Fiber	11.3g
Total Sugars	14.3g
Protein	19.3g
Vitamin D	0mcg
Calcium	101mg
Iron	5mg
Potassium	613mg

Per serving  
**\$2.15**

Total cost:  
**\$51.56**

## Directions

1. In bowl, combine SunButter, lime juice, hoisin sauce, soy sauce, and Sriracha sauce. Mix well, thinning with water as necessary.
2. Divide sauce among 24 baguettes, spread sauce on both sides of split baguettes, then layer with cucumber, onion, and bell pepper. Top with cabbage and cilantro leaves.

# SUNBERRY CRUNCH WRAP

With a whole lot of flavor and crunch, this vegetarian wrap will be a hit. Switch it up by adding chopped cucumbers or shredded cabbage, and use fresh basil, cilantro or mint in place of spinach. The possibilities are endless.



24 SERVINGS

Ingredients	Amount and measure	Cost per measure	Total cost
Whole grain tortilla, 8-inch	24 each	\$0.18	\$4.32
SunButter	6 cups	3.12	18.72
Dried cranberries	3 cups	0.96	2.88
Carrots, matchstick	12 cups	0.31	3.72
Sriracha sauce	6 Tbsp	0.11	0.66
Baby spinach	4 oz	0.05	0.18

Per serving  
**\$1.27**

Total cost:  
**\$30.38**

## Nutrition Information

### Amount Per Serving

Calories	551
Total Fat	30.6g
Saturated Fat	3.2g
Cholesterol	0mg
Sodium	660mg
Total Carbohydrate	58.8g
Dietary Fiber	2.9g
Total Sugars	12.9g
Protein	16.6g
Vitamin D	0mcg
Calcium	201mg
Iron	4.3mg
Potassium	321mg

## Directions

1. Spread each tortilla with 1/4 cup of SunButter.
2. Top with 1/2 cup carrots and 2 Tbsp of dried cranberries.
3. Drizzle with 1/2 tsp of sriracha sauce and top with spinach leaves.
4. Roll into a wrap.

# SUNNY HONEY LIME SAUCE

Use this smooth and savory sauce to dress noodles or grains in a salad, as a marinade when grilling meat, or mix it with mayo to create a tasty dipping sauce for crudité and chicken nuggets.



36 1-OZ SERVINGS

Ingredients	Amount and measure	Cost per measure	Total cost
Honey	1 1/2 cup	\$2.32	\$3.48
Soy sauce	1 cup	0.96	0.96
SunButter	1/2 cup	3.12	1.56
Lime juice	1/2 cup	0.54	0.28
Garlic, chopped	1 Tbsp		0.12
Onion, chopped	2 Tbsp		0.12
Mint leaves, chopped	1/4 oz.		0.24
Limes, whole	1 1/2 each	0.36	0.54
Worcestershire sauce	1/4 cup	0.32	0.07
Poke sauce	1/2 cup	0.98	0.49
Xanthan gum	1 tsp	0.12	0.12

Per serving  
**\$0.22**

Total cost:  
**\$7.98**

## Nutrition Information

### Amount Per Serving

Calories	71
Total Fat	1.8g
Saturated Fat	0.2g
Cholesterol	0mg
Sodium	414mg
Total Carbohydrate	13.6g
Dietary Fiber	0.6g
Total Sugars	12.2g
Protein	1.3g
Vitamin D	0mcg
Calcium	6mg
Iron	0mg
Potassium	31mg

## Directions

1. Place all ingredients in a blender and puree until smooth.
2. Refrigerate.



# ROASTED BROCCOLI SUNBUTTER COLESLAW

Here's a tasty twist on broccoli that makes it easy to love eating green. Lift this crunchy slaw to entrée status by adding 1 oz. of cooked chicken per serving.



Ingredients	Amount and measure	Cost per measure	Total cost
Broccoli florets, trimmed	4 pounds	\$0.78	\$3.12
Cherry tomatoes	4 pints	0.90	3.60
Olive oil	1 3/4 cups	1.56	2.74
Kosher salt	2 Tbsp	0.01	0.02
Black pepper	1 Tbsp	0.02	0.02
SunButter	1 cup	3.12	3.12
Brown sugar	3/4 cup	0.36	0.27
Lime juice	1/3 cup	0.54	0.18
Chili garlic sauce	1/4 to 1/2 cup	1.50	0.50
Fish sauce	1/4 cup	1.50	0.38
Cabbage, shredded	4 cups	0.31	1.24
Edamame, shelled	6 cups	0.48	2.88
Carrots, shredded	4 cups	0.31	1.24
Fresno chilies, sliced	8 each	0.36	2.88

Nutrition Information	
Amount Per Serving	
Calories	322
Total Fat	23.4g
Saturated Fat	3.2g
Cholesterol	0mg
Sodium	764mg
Total Carbohydrate	24.1g
Dietary Fiber	6.6g
Total Sugars	13.1g
Protein	8.5g
Vitamin D	0mcg
Calcium	105mg
Iron	2mg
Potassium	666mg

Per serving  
**\$0.36**

Total cost:  
**\$8.66**

## Directions

- Heat oven to 400°F. Place the broccoli and tomatoes on a rimmed baking sheet. Drizzle with 3/4 cup oil, salt, and pepper, and toss to coat. Bake for 10 to 15 minutes or until the broccoli starts to brown and the tomatoes soften and start to pop open.
- In a large mixing bowl, combine the remaining 1 cup oil with the SunButter, brown sugar, lime juice, chili garlic sauce, and fish sauce. Mix well.
- As soon as the broccoli and tomatoes are done, scrape them into the bowl with the dressing and stir well. Add extra salt and pepper if desired.
- Add the cabbage, edamame, carrots, and chilies, and toss to coat. Let cool. Can be eaten warm, room temperature, or cold.

# SUNBUTTER OVERNIGHT OATS

These oats are easy to prep and easy to serve from your main service line or pre-portioned for grab & go locations. Add fresh seasonal fruit or dried cranberries or apricots. Top with maple syrup or whipped topping.



24 SERVINGS

Ingredients	Amount and measure	Cost per measure	Total cost
Skim milk	6 cups	\$0.36	\$2.16
Chia or sunflower seeds	3/4 cup	1.20	0.90
SunButter	1/3 cup	3.12	1.04
Maple syrup	3/4 cup	0.66	0.49
Old fashioned oats	12 cups	0.18	2.16

Per serving  
**\$0.28**

Total cost:  
**\$6.75**

## Nutrition Information

Amount Per Serving	
Calories	235
Total Fat	10.1g
Saturated Fat	1.3g
Cholesterol	1mg
Sodium	95mg
Total Carbohydrate	27.3g
Dietary Fiber	4.2g
Total Sugars	10.7g
Protein	8.5g
Vitamin D	0mcg
Calcium	103mg
Iron	2mg
Potassium	199mg

## Directions

1. In bowl, add milk, chia/sunflower seeds, SunButter and maple syrup. Stir well, or if you prefer, stir just enough to leave swirls of SunButter. Add oats and stir a few more times.
2. Pour mixture into a one-gallon container. Press down with spoon to ensure all oats have been moistened and are immersed in mixture.
3. Cover tightly and set in refrigerator overnight, or for at least six hours.
4. After refrigerating, open, portion, and enjoy as is, or garnish with fresh fruit.
5. Oats will keep in refrigerator for up to 2 days, although they're best enjoyed within the first 12 to 24 hours. Mixture can be portioned into individual servings prior to refrigeration; cover and refrigerate overnight.

# SUNBUTTER HARVEST GRANOLA BARS

These crunchy, nutritious treats are great for breakfast or a fast snack. Create diversity by adding chocolate chips, raisins, or dried cherries in place of raisins. Want more crunch? Add some whole sunflower seeds.



Ingredients	Amount and measure	Cost per measure	Total cost
Oatmeal	12 cups	\$0.20	\$2.40
Coconut	3 cups	0.32	0.96
Flour	2 cups	0.06	0.12
Brown sugar	3 cups	0.24	0.72
Salt	2 tsp	0.01	0.02
Raisins	6 cups	0.84	5.04
Cinnamon	1 1/2 tsp	0.02	0.03
Vanilla	2 Tbsp	0.09	0.18
Butter, melted	2 1/4 cups	1.80	4.06
Honey	1 cup	2.30	2.30
SunButter	2 cups	3.12	6.24

Per serving  
**\$0.61**

Total cost:  
**\$21.07**

## Nutrition Information

Amount Per Serving	
Calories	71
Total Fat	1.8g
Saturated Fat	0.2g
Cholesterol	0mg
Sodium	414mg
Total Carbohydrate	13.6g
Dietary Fiber	0.6g
Total Sugars	12.2g
Protein	1.3g
Vitamin D	0mcg
Calcium	6mg
Iron	0mg
Potassium	31mg

## Directions

1. Stir together the oatmeal, coconut, flour, brown sugar, salt, raisins and cinnamon.
2. In a separate bowl, combine the vanilla, melted butter, honey and SunButter. Whisk to combine.
3. Mix the dry mixture with the wet mixture and spread into a full sheet pan.
4. Bake at 300° for 25–30 minutes. Cool to room temperature, then cover and refrigerate overnight.
5. Cut each pan in an 8x9 pattern for 72 pieces and 36 servings.

# SUNBUTTER CHOCOLATE CHIP SCONES

Crumbly on the outside, sweet and soft on the inside — these SunButter scones (with a hint of chocolate) add a level of sophistication to any tray of breakfast goodies and are perfect for a mid-morning (or anytime) snack.



Ingredients	Amount and measure	Cost per measure	Total cost
Flour, bread	4 cups	\$0.07	\$0.28
Flour, all-purpose	3 cups	0.06	0.18
Corn starch	1/2 cup	0.36	0.18
Sugar	2/3 cup	0.30	0.20
Baking powder	4 Tbsp	0.06	0.24
Salt	2 tsp	0.01	0.01
Butter	1 1/2 cup + 2 Tbsp	1.80	2.93
Milk	1 3/4 cup	0.36	0.64
Egg, whole	2 each	0.10	0.20
Egg, yolk	2 each	0.10	0.20
SunButter	1 cup	3.12	3.12
Chocolate chunks	2 cups	1.35	2.70
<b>Glaze</b>			
Confectioners sugar	2 cups	0.53	1.06
SunButter	1 Tbsp	0.19	0.19
Milk	4 tsp	0.36	1.44

Nutrition Information	
Amount Per Serving	
Calories	237
Total Fat	13g
Saturated Fat	7.6g
Cholesterol	41mg
Sodium	248mg
Total Carbohydrate	27.8g
Dietary Fiber	0.3g
Total Sugars	12.7g
Protein	3.5g
Vitamin D	9mcg
Calcium	107mg
Iron	1mg
Potassium	206mg

Per serving  
**\$0.42**

Total cost:  
**\$13.45**

## Directions

- In a large bowl, add the dry ingredients (flours, corn starch, sugar, baking powder, salt) and whisk to combine.
  - Add the cold butter and mix with a pastry cutter until it is evenly distributed and the mixture resembles cornmeal.
  - In a bowl mix the milk, egg, egg yolk and SunButter, mix well.
  - Pour the liquids into the dry mixture.
  - Mix lightly; add in the chocolate chunks. Mix the batter until just combined. Do not over mix.
  - Pour the dough out onto a lightly floured surface and knead gently 5 or 6 times, rotating as you go.
  - Form the dough into 4 discs, each about 8 inches in diameter.
  - Cut each disc into 8 pieces. Place scones 1 inch apart on a baking sheet lined with parchment paper.
  - Refrigerate for 20 minutes and preheat oven to 400°.
  - Bake for 15–20 minutes or until the tops are lightly golden brown. Cool, then glaze.
- Prepare the glaze:** In a small bowl, mix the confectioners sugar, SunButter and milk until you have a thin glaze. Drizzle on cooled scones.

# SUNBUTTER RICE CRISPY TREATS

These bars are a perennial favorite with adults and kids alike, with a mouthwatering chocolate and butterscotch drizzle. For variety, mix in sunflower seeds — or skip the drizzle and go full on with a chocolate ganache.



24 SERVINGS

Ingredients	Amount and measure	Cost per measure	Total cost
Sugar	1 cup	\$0.30	\$0.30
Corn syrup	1 cup	0.88	0.88
SunButter	1 cup	3.12	3.12
Crispy rice cereal	6 cups	0.36	2.16
Chocolate chips	1 cup	1.34	1.34
Butterscotch chips	1 cup	1.34	1.34

Per serving  
**\$0.38**

Total cost:  
**\$9.14**

## Directions

1. In a large saucepan, bring sugar and corn syrup to a boil. Remove from heat and add the SunButter; stir until well blended. Add crispy rice cereal; stir until well coated. Lightly press into a greased 9×13-inch pan.
2. In medium microwaveable bowl, heat chocolate chips and butterscotch chips until just melted, checking in 30-second increments. Remove from microwave and stir until smooth. Spread on top of the bars.

## Nutrition Information

### Amount Per Serving

Calories	312
Total Fat	12.6g
Saturated Fat	5g
Cholesterol	0.9mg
Sodium	139mg
Total Carbohydrate	48g
Dietary Fiber	2g
Total Sugars	27.9g
Protein	3.9g
Vitamin D	0mcg
Calcium	25.2mg
Iron	4.2mg
Potassium	0.8mg

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