

# Homemade No Nuts, Chocolate Spread.

Preparation Time; 10-15 Minutes

Servings; Approx 8-10

Ingredients;

- 250g Roasted Sunflower Seeds \*
- 2-3 Tbsp Light Flavoured Oil (Olive oil is too strong in flavour)
- 30g Good Quality Dark Chocolate
- 2 Tbsp Cacao Powder
- 2 Tbsp Maple Syrup or Honey
- 1 Tsp Vanilla Extract
- Pinch Sea Salt



\*You can roast your own sunflower seeds by spreading raw seeds on a baking sheet and baking for 8 minutes at 180°C until slightly golden, ensure you turn regularly to avoid burning.

Method;

1. Place the sunflower seeds in a powerful food processor until it begins to form a flour like consistency.
2. Gradually add 2-3 tablespoons of light oil and continue to blitz until a smooth paste forms.
3. Add dark chocolate, cacao powder, maple syrup or honey, vanilla essence and salt continue to blitz until fully combined and smooth.
4. Store in an airtight container at room temperature.

Author Notes;

Substitute the sunflower seeds and light oil with 250g sunflower butter. We love Meridian Sunflower Seed Butter, tastes lovely and takes less time to blend to a lovely consistency. Simply add all the ingredients to the food processor and blend until smooth.

For a nutty alternative try using peanut or almond butter. This is not suitable for school lunch boxes though due to nut allergy policies in schools.