



Sunsational Sunflower Butter and Jam Brownie in a Mug with Dazzling Drizzle

By Jacy Shoener

Prep Time 12 / **Cook Time** 2 / **Serves** 1 - 1

Fun-Da-Mentals Kitchen Skills

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

melt: to heat a solid food so it becomes liquid, like butter or chocolate.

mix: to thoroughly combine two or more ingredients until uniform in texture.

separate eggs: to remove the egg yolk from the egg white by cracking an egg in the middle and using the shell halves, the palm of the hand, or a device to keep the egg yolk in place while the egg white falls into a separate bowl.

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

dollop: to add an unspecified blob of food to the top of another food, like dolloping whipped cream on top of a piece of pie.

Equipment

- ☐ Microwave
- ☐ Microwave-safe mug
- ☐ Potheadler
- ☐ Measuring spoons
- ☐ Spoon for stirring

☐ Small bowl

☐ Small whisk

Ingredients

Sunsational Sunflower Butter and Jam Brownie in a Mug with Dazzling Drizzle

☐ 1 1/2 T butter ******(for DAIRY ALLERGY sub dairy-free/nut-free butter)******

☐ 1 T sunflower butter

☐ 1 egg white ******(for EGG ALLERGY sub 1 T applesauce + 1/4 tsp baking powder)******

☐ 1 T all-purpose flour ******(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)******

☐ 1 1/2 T pure unsweetened cocoa powder ******(for DAIRY ALLERGY check label for small amounts of dairy; for CHOCOLATE ALLERGY sub carob powder)******

☐ 1 T sugar

☐ 1/2 T fruit jam

☐ Dazzling Drizzle:

☐ 1 T sunflower butter

☐ 1 T maple syrup

☐ 1/2 T heavy cream ******(for DAIRY ALLERGY sub dairy-free/nut-free heavy cream)******

☐ 1/8 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******

Food Allergen Substitutions

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Dairy: Substitute dairy-free/nut-free butter. Check the cocoa powder label for small amounts of dairy. Substitute dairy-free/nut-free heavy cream.

Egg: For 1 egg white, substitute 1 T applesauce + 1/4 tsp baking powder.

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Chocolate: Substitute carob powder for cocoa powder.

Instructions

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measure + melt

Measure the following into a microwave-safe mug: **1 1/2 tablespoons butter** and **1 tablespoon sunflower butter**. Microwave on high for 30 seconds, then stir until well combined.

measure + mix

Add the following to the mug: **1 tablespoon flour**, **1 1/2 tablespoons cocoa powder**, and **1 tablespoon sugar**. Mix until well combined.

separate + mix

Separate **1 egg**, the white from the yolk, adding the egg white to the batter. (The yolk can be reserved for another recipe or discarded.) Mix until well combined.

dollop + microwave + cool

Dollop **1/2 tablespoon fruit jam** on top of the brownie mix. Microwave for 1 minute and 30 seconds on high. Be careful not to overbake, as the batter will continue to cook as it cools. Cool for 10 to 15 minutes, while you make the Dazzling Drizzle and put away ingredients that are no longer needed.

measure + whisk

Let's make the Dazzling Drizzle! Measure the following into a small bowl: **1 tablespoon sunflower butter**, **1 tablespoon maple syrup**, **1/2 tablespoon heavy cream**, and **1/8 teaspoon vanilla extract**. Whisk together until creamy.

drizzle + serve

When the Sunsational Sunflower Butter and Jam Brownie is cool, drizzle about **1 tablespoon of the Dazzling Drizzle** on top.

Featured Ingredient: Sunflower Butter!

Hi! I'm Sunflower Butter!

"I'm a paste made from sunflower seeds and can be a great replacement for peanut butter!"

The first US commercial versions of sunflower butter were developed in the 1980s as an alternative to peanut butter for those with nut or peanut allergies. Those first versions were unsuccessful, resulting in a bitter-tasting product with an unpleasant texture.

In 2002, after researchers with Red River Commodities, a sunflower seed processor, and the Department of Agriculture came up with a sunflower butter that was more like peanut butter, a new commercial product, SunButter, from its subsidiary, SunGold Foods, Inc., was introduced.

If you grow sunflowers, the seeds are ready to harvest when the large flower head, the petals, and the leaves have turned yellow-brown. The seeds should also look loose and plump. Cut off the stalk about a

foot below the flower and put it in a bucket or other container to catch any loose seeds. Hang your flower stalks in bunches for about 4 to 5 days to allow the seeds to dry. Remove the seeds by rubbing two heads together, rubbing the seeds with your hand or the top of the bucket, or using a stiff brush. Rinse the seeds, removing any petals or other flower material. Allow the seeds to dry overnight.

Sunflower butter has less saturated fat and more monounsaturated fat than peanut butter. Sunflower butter contains a little less protein than peanut butter.

An allergic reaction to sunflower seeds and butter is uncommon but possible. Check labels to ensure the sunflower butter brand you purchase was produced in a nut/peanut-free facility.