

Seed Butter

Also Known As

Course Snack **Yield** 1 cup **Type of Food** **Main Ingredient**

Comments

This is an interesting topping for crackers and breads for parties or for healthful snacks.

Prep Time 5 minutes **Cooking Time** **Ethnic Origin** American

1/8=.125 1/4=.25 1/3=.33 3/8=.375 1/2=.5 5/8=.625 2/3=.66 3/4=.75 7/8=.875

Measure	Ingredient	Pre-Heat? <input type="checkbox"/> Yes	Temperature	Measure	Grease Pan? <input type="checkbox"/> Yes	Ingredient
3 Tbs.	pepitas (pumpkin seed kernels)					
3 Tbs.	sunflower seeds					
2 Tbs.	olive oil					
2 tsp.	orange juice powder					
1 tsp.	Worcestershire sauce					

Instructions

Pour seeds into a blender, grinder, or food processor and grind fine.
Add olive oil, orange powder, and Worcestershire sauce.
Mix to a creamy consistency.
Spread on crackers or breads.

Note: You may use either plain or roasted and salted seeds for this recipe. If you are using plain, you may wish to add salt to taste.