

# Sunflower Butter

## Objectives

*Students will!*

- Learn how to make sunflower butter
- Recognize that we can make certain ingredients from scratch at home, and that we do not have to buy everything we eat at a grocery store or restaurant

*Educator Notes*

- The teacher should be the only one to handle the processor, reminding kids to remain at a distance and not to touch the machine
- Teachers may decide whether or not they want students to partake in the measuring of ingredients

## Materials

- Measuring cups
- Measuring spoons
- Rubber spatula
- Food processor
- 1 cup sunflower seeds
- 2 tablespoons canola oil
- 1 tablespoon honey
- Pinch of salt
- Sandwich bread
- Jam or Jelly
- Bread knives

## Preparation

Assemble ingredients near a food processor, along with measuring utensils for students. If students will not be measuring the ingredients, pre-measure them before the lesson begins and set them aside.

## Key Vocabulary

- seeds

## Activity

Begin by inviting students to raise their hand if they have ever tasted a peanut butter and jelly sandwich. What are some other kinds of butter we eat? (eg. butter from milk, apple butter, almond butter, etc.)

Explain that we can sometimes make butter out of seeds, like sunflower seeds. Explain that we can only eat some kinds of seeds, not all.

Invite students to gather around a food processor, making sure that the processor is not plugged in. Ask a student volunteer to add 1 cup of sunflower seeds to the food processor. When safe, plug in food processor and blend seeds until powder-like.