



Sunflower Seed Butter

2 cups shelled sunflower seeds, lightly toasted

¼ cup firmly packed light brown sugar

1 teaspoon Kosher salt

A few teaspoons canola oil (or other neutral oil)

Fruit Jam

4½ cups fresh fruit, peeled, pitted and finely chopped

2 TBSP freshly squeezed lemon juice

3 cups granulated sugar, divided

1 box Sure-Jell pectin (for less or no sugar recipes)

½ teaspoon unsalted butter

Pinch of Kosher salt



1. Place sunflower seeds in a food processor and pulse until finely chopped.
2. Process for 1 minute. Scrape down sides as needed.
3. Process for another minute. Add oil if necessary to facilitate blending.
4. Process for another minute. Scrape down sides.
5. Process for 2 minutes (or more) until smooth and creamy. Add sugar and salt and process to combine.

Recipe adapted from Meggan Hill.

1. In a large saucepan, combine fruit and lemon juice.
2. Add ¼ cup of sugar and pectin to the fruit.
3. Add butter.
4. Bring mixture to a boil over high heat, stirring constantly.
5. Stir remaining sugar and pinch of salt.
6. Return to a boil and boil for exactly 1 minute, stirring constantly.
7. Remove from heat.
8. Skim off any foam with a metal spoon.
9. Cool jam in heat proof jars or containers.
10. Jam will keep for several weeks in refrigerator.

Recipe adapted from www.surejell.com