

Nut-Free Sunflower Seed Butter Vegan Chocolate Cups

Ingredients

For Sunflower Seed Butter (alternatively, use store bought)

- 1 ½ cups sunflower seeds, unsalted
- ½ tsp. salt
- 1 tbsp. brown sugar

For the chocolate

- 12 oz. chocolate chips
- 2 tbsp. coconut oil

Tools/Materials you will need

- 15 mini cupcake liners
- Small paintbrush

Steps

1. Preheat the oven to 350°F (175°C). Spread the sunflower seeds evenly on a large baking sheet and toast in the preheated oven for about 8 minutes (until they've started to change color but not burn). Place the sunflower seeds in the food processor with the salt and brown sugar and process. After a few minutes, your sunflower seeds will turn into a flour-like consistency. Let it keep on going until it becomes moist and paste-like.
2. On a double broiler, or in the microwave in 30-second increments, melt the chocolate. Add the coconut oil and stir in to make the chocolate more fluid.
3. Start making your sunflower seed cups by dipping your paintbrush in the melted chocolate and delicately paint the sides of a mini cupcake liner, and add a tsp. or so to the bottom of the liner so that it's completely covered. Scoop a heaping tsp. of the sunflower seed butter into the mini cupcake liner, and cover with another tsp. of melted chocolate. Place the finished cup on a baking tray and repeat until you've finished up all the chocolate or sunflower seed butter (about 15 cups).
4. Place the baking tray with the completed cups in the refrigerator and wait until they are completely cool. Eat right away, or store in an airtight container in the fridge.

