Magically Green Vegan Sunflower Butter Muffins

Ingredients

- ½ cup unsweetened sunflower seed butter
- ½ cup sugar
- 1/3 cup unsweetened soymilk (or other plant-based milk)
- ½ cup unsweetened applesauce
- 1 tsp. vanilla extract
- 2/3 cup all-purpose flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- Pinch of salt
- 3 tbsp. shelled pistachios (omit for nut-free)

Steps

- 1. Preheat the oven to 357°F (190°C). Grease six tin muffin cups (or you can use muffin liners, if you prefer) and set aside.
- 2. Combine the sunflower seed butter, sugar, soymilk, applesauce and vanilla extract in a large bowl, and stir until well combined. Add the flour, baking powder, baking soda, and salt, and mix again, until there are no lumps and all the flour is incorporated. Separate the batter into the pre-greased muffin tin, dividing evenly between the six wells. Lastly sprinkle about ½ tbsp. of pistachios over the top of each muffin, making sure they're spread out enough that they stick to the batter.
- 3. Place in the preheated oven for 25 minutes, or until browned and a toothpick inserted into the center comes out clean. Let cool, and remove from the tin.
- 4. To get the beautiful green color, wait 12-24 hours and look inside. The center of your sunflower seed butter muffins should have turned a bright, blueish green!



