

SunButter Cups

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Preheat oven to 350°F.

Stir the SunButter in the jar very well to ensure the oil is evenly distributed. In a large bowl, combine and

Add

3/4 C SunButter

1 T Maple syrup

3/4 C Rolled oats

1/2 C Cheerios

1/3 C Flaked coconut

1/2 t Baking powder

1/2 C Dried fruit or other additions of choice (e.g. cranberries, blueberries, yoghurt chips)

1 T Seeds (e.g. hemp hearts, chia, sesame)

Stir until well combined. Line a muffin tin with 12 cupcake liners. Divide the mixture evenly between the liners using an ice cream scoop and bake for about 18 minutes until golden brown.

Notes:

- Baking gives them a lovely toasted flavour and a bit of crunch while the texture is fudgier if unbaked. If you go the unbaked route, omit the baking powder.
- The recipe works well with nut butters too.
- I tend to do the SunButter version most often because my daughter's school is nut-free. I have tried it with a few different sunflower seed butter brands. If you use a sunflower seed butter that has no salt or sweetener added, add 1/8 teaspoon fine sea salt and an additional 3 tablespoons Maple Syrup. If the butter seems dry and not easy to stir, add a 1 tablespoon of flavourless oil like Canola.