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| **Sunflower Seed Spread**Recipe by Stanford Health Improvement Program |  |

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| Ingredients | Directions |
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| 4 cups | Roasted, unsalted sunflower seeds |
| 4 Tbsp. | Any mild tasting oil (any nut or seed oil, light olive oil) |
| ¼ - ½  tsp. | Salt (to taste) |
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| 1. Place sunflower seeds in food processor or high-powered blender and blend. If using a blender, you will need to stop and scrape down the mixture often.
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| 1. Add in one Tbs of oil at a time, while the mixture is blending.
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| 1. Blend in salt after the processor or blender has been going for 5 mins.
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| 1. When done, the mixture should be runny. It takes about 8-10 mins of blending to get it to that point.
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