

the PLANT-BASED protein COOKBOOK

Delicious, allergy-friendly
recipes for eldercare



The **100%** Natural Plant-Based Protein Solution

Only SunButter® has the **peanut-free promise**

Free of the **Top 8** Food Allergens:



Peanuts



Tree Nuts



Gluten



Soy



Eggs



Dairy



Fish



Crustaceans

Rich in Protein, Low in Cost

Protein Food	Protein grams	Cost per ounce
SunButter, 1 oz	7	\$0.17
Cheddar cheese, 1 oz	7	0.25
Cottage cheese, 1 oz	3.4	0.28
Hummus, 1 oz	2.3	0.29
Cooked ground beef, 1 oz	7.3	0.31
Roasted chicken, 1 oz	7.9	0.31
Salmon, 1 oz	6.25	0.67



Made in Fargo, North Dakota



Seed-to-Jar Control



All Natural



25 servings

SunButter® and Jelly Overnight Oats

Whip up this filling breakfast the night before and the only thing left for morning is scoop, eat and yum.

Ingredients	Amount and measure	Cost per measure	Total cost
Rolled oats	3 quarts	\$0.48	\$1.43
Sunflower seeds	3 cups	0.57	1.71
SunButter, creamy	1.5 cups	1.13	1.70
Yogurt, plain or flavored	1.5 quarts	3.78	5.67
Cinnamon	3 Tbsp	0.05	0.15
Milk	3 quarts	0.59	1.77
Raspberry jam	3 cups	1.50	4.50
SunButter, creamy	1.5 cups	1.13	1.70

Per serving
\$0.75

Total cost:
\$18.63

Nutrition Information

Amount Per Serving

Calories	640
Total Fat	33g
Saturated Fat	6g
Cholesterol	20mg
Sodium	300mg
Total Carbohydrate	70g
Dietary Fiber	8g
Total Sugars	35g
Protein	22g
Vitamin D	2mcg
Calcium	268mg
Iron	4mg
Potassium	501mg

Directions

1. Combine oats, sunflower seeds, SunButter, yogurt, cinnamon, and milk; mix well.
2. Place in hotel pan or into individual serving bowls.
3. Cover and rest overnight under refrigeration.
4. Drizzle SunButter and jam over the tops of individual portions before serving. SunButter may be thinned with a small amount of water if necessary, to form a drizzle.

Dried fruit may be added to step one.

Top with fresh fruit or warmed fruit compote, additional sunflower seeds, or honey.



25 servings

Asian Broccoli and SunButter® Noodle Salad

Crunchy and flavorful, this noodle dish is equally good hot or cold. Combine with cooked chicken to make a complete meal.

Ingredients	Amount and measure	Cost per measure	Total cost
Whole Wheat spaghetti, cooked	3 lbs	\$1.52	\$4.57
Sesame oil	3 Tbsp	0.05	0.14
SunButter	1.5 cups	2.60	3.90
Orange juice	1.5 cups	0.48	0.72
Lemon juice	3 Tbsp	0.18	0.55
Low sodium soy sauce	1 cup	0.88	0.88
Granulated sugar	0.25 cup	0.27	0.07
Canola oil	0.25 cup	0.44	0.11
Green onions, 2 inch logs	3 cups	0.36	1.09
Red pepper, julienne	3 cups	0.54	1.63
Garlic, minced	3 Tbsp	0.05	0.15
Jalapeño, seeded and julienne	3 each	0.09	0.26
Broccoli florets	6 cups	0.13	0.77

Per serving
\$0.59

Total cost:
\$14.83

Directions

1. Cook pasta and toss with sesame oil.
2. Combine SunButter, orange juice, lemon juice, soy sauce, and sugar until mixed well.
3. Add canola oil to a pan and sauté vegetables until flavorful and crisp tender.
4. Combine vegetables with noodles and dressing and toss well. Serve hot or cold.

Substitute any pasta or noodle for spaghetti.

Substitute an equivalent amount of "Broccoli Slaw" mix for chopped broccoli crowns.

This dish can be served hot or cold. If serving cold, chill pasta and vegetables before mixing with remaining ingredients.

Nutrition Information

Amount Per Serving

Calories	350
Total Fat	13g
Saturated Fat	1.5g
Cholesterol	0
Sodium	410 mg
Total Carbohydrate	50g
Dietary Fiber	9g
Total Sugars	7g
Protein	13g
Vitamin D	0mcg
Calcium	52mg
Iron	3 mg
Potassium	305mg



25 servings

SunButter® Chicken Salad

This Asian inspired chicken salad is at home nestled on a bed of greens or as the filling for a sandwich or wrap. Thinking outside the box, it works well in a phyllo cup or lettuce roll for an appetizer or first course.

Ingredients	Amount and measure	Cost per measure	Total cost
Chicken breast, grilled boneless skinless	2 lbs	\$3.00	\$6.00
SunButter, creamy	0.5 cup	1.13	0.57
Hoisin sauce	0.5 cup	1.20	0.60
Water	0.5 cup	0.00	0.00
Lemon juice	0.5 cup	0.74	0.37
Sesame oil	2 Tbsp	0.05	0.09
Honey	2 Tbsp	0.03	0.06
Ginger, fresh minced	2 Tbsp	0.03	0.06
Red pepper, small dice	1 cup	0.54	0.54
Carrots, small dice	1 cup	0.17	0.17
Green onions, sliced thin	0.5 cup	1.00	0.50
Napa cabbage, shredded	4 cups	0.10	0.40
Kosher salt	2 tsp	0.01	0.02
Black pepper, ground	2 tsp	0.01	0.02
Sunflower seeds, toasted	0.25 cup	0.57	0.14
Cilantro, fresh chopped	0.5 cup	0.93	0.47

Per serving

\$0.40

Total cost:

\$10.01

Directions

1. Dice cooked chicken breast.
2. Combine SunButter hoisin sauce, water, lemon juice, oil, honey, and fresh ginger; mix well.
3. Mix chicken, peppers, carrots, onion, and cabbage.
4. Pour sauce over and season with salt and pepper.
5. Garnish with sunflower seeds and cilantro.

Chicken Salad can be served as a sandwich or wrap. It can also be served on a bed of greens. In a smaller portion this works well as an appetizer in a pastry cup or lettuce wrap.

Nutrition Information

Amount Per Serving	
Calories	110
Total Fat	6g
Saturated Fat	1g
Cholesterol	20mg
Sodium	290mg
Total Carbohydrate	7g
Dietary Fiber	1g
Total Sugars	4g
Protein	9g
Vitamin D	0mcg
Calcium	18mg
Iron	1mg
Potassium	171mg



Crunchy SunButter® Wrap

This powerhouse wrap, with or without the meat, delivers on taste, crunch, and nutrition. Need a vegetarian option? Leave out the meat. Have an excess of romaine and no spinach? Not a problem. Cranberries not your thing? Chopped dried apricots can fill the void.

Ingredients	Amount and measure	Cost per measure	Total cost
Whole Grain tortilla, 10"	25 each	\$0.30	\$7.50
Cranberries, dried	3 cups	1.54	4.62
Carrots, shredded	12 cups	0.10	1.20
Baby spinach leaves	6 cups	0.26	1.55
Chicken breast, cooked and diced	3.5 lbs	3.00	10.50
SunButter, creamy	3 cups	1.13	3.39
Lemon juice	1 cup	0.74	0.74
Sriracha sauce	4 Tbsp	0.05	0.18
Kosher salt	1 tsp	0.01	0.01
Black pepper, ground	1 tsp	0.01	0.01

Per serving

\$1.19

Total cost:

\$29.70

Directions

1. Layer the dried cranberries, carrots, spinach, and chicken onto tortillas.
2. Combine the SunButter, lemon juice, Sriracha, salt, and pepper. Whisk until emulsified.
3. Drizzle sauce over layers and roll tightly into a wrap. Or, cranberries, carrots, spinach, and chicken can be combined and tossed with sauce before portioning onto tortillas.

Nutrition Information

Amount Per Serving

Calories	530
Total Fat	23g
Saturated Fat	3.5g
Cholesterol	30mg
Sodium	1660mg
Total Carbohydrate	59g
Dietary Fiber	11g
Total Sugars	20g
Protein	26g
Vitamin D	0mg
Calcium	51mg
Iron	3mg
Potassium	363mg

Chicken is optional. It can be swapped out for diced turkey or left out entirely. For a vegetarian protein option firm tofu works well here.



25 servings

Baked Chicken Thighs with SunButter® Sauce

A mouthful of flavors from across the globe will be sure to please. The SunButter Sauce can dress the chicken before plating or be served on the side. This sauce also can be used for dipping or thinned to make a great dressing for greens.

Ingredients	Amount and measure	Cost per measure	Total cost
Chicken thigh, boneless	5 lb	\$2.75	\$13.75
Orange juice	0.5 cup	0.48	0.24
Limes, juiced	2 each	0.27	0.54
Olive oil	3 Tbsp	0.04	0.12
Granulated garlic	2 Tbsp	0.02	0.04
Chili powder	2 Tbsp	0.05	0.10
SunButter	1.5 cups	1.13	1.70
Coconut milk, unsweetened	1.5 cups	0.64	0.96
Chicken broth	1.5 cups	0.37	0.55
Barbecue sauce	1 cup	1.60	1.60
Vietnamese fish sauce	1 tsp	0.05	0.05
Fresh ginger root, minced	2 Tbsp	0.03	0.06
Cilantro leaves, chopped	0.5 cup	0.93	0.47

Per serving

\$0.81

Total cost:

\$20.17

Directions

1. For Marinade: Combine orange juice, lime juice, olive oil, granulated garlic, and chili powder. Pour over chicken thighs and marinate for up to 24 hours.
2. Drain thighs and blot dry.
3. Bake on sheet pans at 375° F for 25–30 minutes or until an internal temperature of 165° F is reached.
4. For SunButter Sauce: Combine SunButter, coconut milk, chicken broth, barbecue sauce, fish sauce, and ginger; blend well.
5. Brush chicken thighs with sauce during last 5 minutes of cooking.
6. Garnish with chopped cilantro and serve remaining sauce on the side.

Nutrition Information

Amount Per Serving

Calories	310
Total Fat	22g
Saturated Fat	6g
Cholesterol	85mg
Sodium	320mg
Total Carbohydrate	10g
Dietary Fiber	1g
Total Sugars	6g
Protein	18g
Vitamin D	0mcg
Calcium	31mg
Iron	2 mg
Potassium	347mg

May be served hot or cold.

Fish sauce can be substituted with 1 tsp. kosher salt.

Chicken can be diced and placed on skewers before cooking as a variation.



25 servings

SunButter® Curry Meatballs

The height of versatility. Serve over noodles or rice, slip into a pita or roll. Swap out the red curry for yellow. Add veggies, or not. Also great as an appetizer. Any way you serve them your clients will say thank you.

Ingredients	Amount and measure	Cost per measure	Total cost
Ground turkey	5 lbs	\$4.50	\$22.50
Green onions, finely sliced	10 each	0.10	1.00
Cilantro, chopped	1 cup	0.93	0.93
Vietnamese fish sauce	3 Tbsp	0.08	0.24
Red curry paste, divided	11 Tbsp	0.38	4.13
Breadcrumbs	4 cups	0.52	2.08
Whole eggs	5 each	0.08	0.40
Vegetable oil	2 Tbsp	0.03	0.05
Thai coconut milk, unsweetened	2 quarts	2.56	5.12
SunButter, creamy	0.25 cup	1.13	0.28
Dark brown sugar	4 Tbsp	0.03	0.10
Kosher salt	1 tsp	0.01	0.01

Per serving

\$1.47

Total cost:

\$36.85

Directions

1. Combine ground turkey, green onion, cilantro, fish sauce, 3 Tbsp. of the red curry paste, breadcrumbs, and eggs.
2. Mix gently and divide into 100 individual meatballs.
3. Bake meatballs at 375°F for 15–20 minutes and internal temperature of 165°F is reached.
4. Heat oil and sauté the remaining 1/2 cup of red curry paste for 2–3 minutes or until aromatic. Add coconut milk, SunButter, brown sugar, and salt. Bring to a boil.
5. Simmer sauce gently for 5 minutes or until the flavors have combined.
6. Toss cooked meatballs with sauce and gently reheat before serving.

Nutrition Information

Amount Per Serving

Calories	380
Total Fat	23g
Saturated Fat	14g
Cholesterol	105mg
Sodium	600mg
Total Carbohydrate	18g
Dietary Fiber	1g
Total Sugars	4g
Protein	23g
Vitamin D	0mcg
Calcium	61mg
Iron	2mg
Potassium	258mg



25 servings

Chicken Wings with SunButter® Sauce

Who doesn't love chicken wings? This recipe can be spiced up or down to match your customers palate but don't stop at wings. This sauce works on any cut of chicken and makes a great glaze for roasted pork.

Ingredients	Amount and measure	Cost per measure	Total cost
Chicken wings sectioned and separated	5 lbs	\$2.25	\$11.25
Vegetable oil	2 Tbsp	0.03	0.05
Sesame oil	3 tsp	0.05	0.14
Ground black pepper	1.5 tsp	0.02	0.03
SunButter, creamy	2 cups	1.13	2.26
Chicken broth	1.5 cup	0.40	0.60
Fresh ginger, grated	3 Tbsp	0.05	0.15
Limes, juiced	3 each	0.27	0.80
Vietnamese fish sauce (optional)	3 Tbsp	0.08	0.23
Low sodium soy sauce	3 Tbsp	0.04	0.11
Honey	3 Tbsp	0.03	0.08
Red pepper flakes	3 tsp	0.03	0.09
Cilantro leaves	0.5 cup	0.93	0.47
Limes, cut into wedges	4 each	0.27	1.08

Per serving

\$0.69

Total cost:

\$17.33

Directions

1. Combine chicken wing pieces, vegetable oil, sesame oil, and black pepper and toss to coat.
2. Spread evenly on a baking sheet. Bake at 450°F for 30–40 minutes or until an internal temperature of 165°F is reached.
3. While chicken wings bake, combine SunButter, chicken broth, fresh ginger, lime juice, fish sauce (if using), soy sauce, honey, and red pepper flakes in a small pot. Stir and heat through to make a sauce.
4. Toss cooked chicken wings with sauce. Serve 3–4 pieces garnished with chopped cilantro and lime wedges.

Nutrition Information

Amount Per Serving

Calories	180
Total Fat	13g
Saturated Fat	1.5g
Cholesterol	15mg
Sodium	330mg
Total Carbohydrate	8g
Dietary Fiber	2g
Total Sugars	4g
Protein	11g
Vitamin D	0mcg
Calcium	27mg
Iron	1mg
Potassium	198mg



25 servings

Coconut SunButter® Bread Pudding

Cinnamon warms this decadent bread pudding taking the tropical flavors to new heights. Serve with custard sauce or rum whipped cream for a great end to a meal or as part of a brunch menu.

Ingredients	Amount and measure	Cost per measure	Total cost
Whole Grain bread	1 lb	\$2.08	\$2.08
Butter, melted	0.5 cup	0.52	0.26
Coconut or almond milk	1 quart	2.56	2.56
Granulated sugar	0.5 cup	0.27	0.14
Kosher salt	0.5 tsp	0.01	0.01
Whole eggs	8 each	0.08	0.64
SunButter, creamy	2 cups	1.13	2.26
Cinnamon, ground	1 Tbsp	0.05	0.05
Bananas, overripe sliced or mashed	2 each	0.06	0.12
Coconut, shredded unsweetened	1 cup	0.26	0.26

Per serving
\$0.33

Total cost:
\$8.37

Directions

1. Tear or cut bread into cubes.
2. Drizzle melted butter over bread cubes and toss well.
3. Bring milk, sugar, and salt to a boil.
4. Temper in eggs. Stir in SunButter and cinnamon to incorporate.
5. Pour custard over bread cubes.
6. Fold bananas and coconut into the custard bread mixture.
7. Bake in greased hotel pans or individual ramekins at 350°F for 30-40 minutes (full pans) or 20-30 minutes (individuals), or until fully cooked and brown on top.

Nutrition Information

Amount Per Serving

Calories	280
Total Fat	19g
Saturated Fat	6g
Cholesterol	70mg
Sodium	240mg
Total Carbohydrate	20g
Dietary Fiber	4g
Total Sugars	9g
Protein	9g
Vitamin D	0mcg
Calcium	84mg
Iron	2mg
Potassium	270mg

Can be served with mixed berries, ice cream or whipped cream.

Dairy milk can be substituted for the coconut or almond milk.

SunButter is available through foodservice distributors nationwide.

- Guaranteed Nut Free
- Sustainable
- Vegan
- Non-GMO

SunButter and Dot Foods Code Numbers



6 x 5# SunButter Tubs

SunButter Code: 19010
Dot Foods Code: 556098



1.1 oz cup 200/case

SunButter Code: 19368
Dot Foods Code: 598196



2 x 5# SunButter Tubs

SunButter Code: 19212
Dot Foods Code: 556100



2.2 oz cup 140/case

SunButter Code: 19426
Dot Foods Code: 612556

Samples Gladly Provided

To request additional samples or more information, please contact your local Key Impact representative or:

Eastern Division

Nadine Doetterl, ndoetterl@roadrunner.com

Western Division

Kim Graw, kimg@sunbutter.com

National Brokers



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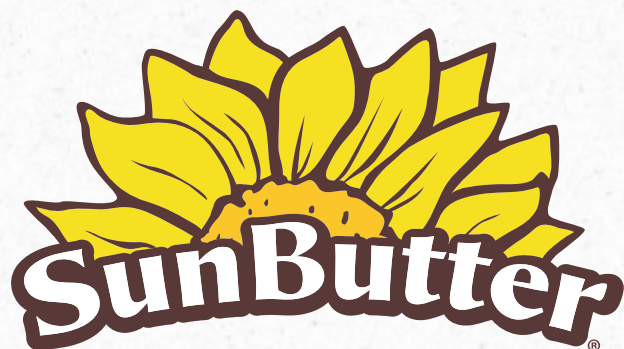
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protein recipes available online.

Go Seeds,
Not Nuts



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