the PLANT-BASED protein COOKBOOK

Delicious, allergy-friendly recipes for K–12

SunButter®

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

24 servings

Veggie Sammies with SunButter Satay Sauce

A vegetarian delight that carnivores will love. Great crunch with a savory satay sauce. Use the extra sauce for dipping.

Ingredients	Amount and measure	Cost per measure	Total cost
SunButter	6 cups	$2.60	$15.60
Lime juice	3 cups	0.45	1.35
Water	1 cup	0.00	0.00
Hoisin sauce	1 1/3 cup	1.25	1.67
Soy sauce	2/3 cup	0.80	0.53
Sriracha sauce	2/3 cup	1.44	0.96
Crusty baguette, 6-inch	24 each	0.30	7.20
Cucumbers, sliced	6 cups	0.46	2.76
Onion, sliced	6 cups	0.41	2.46
Red pepper, sliced	6 cups	0.48	2.88
Purple cabbage, sliced	6 cups	0.26	1.56
Cilantro, chopped	6 cups	1.00	6.00

Per serving **$1.79**

Total cost: **$42.97**

Nutrition Information

Amount Per Serving	
Calories	615
Total Fat	38.7g
Saturated Fat	6.1g
Cholesterol	5mg
Sodium	1159mg
Total Carbohydrates	47.2g
Dietary Fiber	11.3g
Total Sugars	14.3g
Protein	19.3g
Vitamin D	0mcg
Calcium	101mg
Iron	5mg
Potassium	613mg

Child Nutrition Components

Each sandwich provides: 2 meat/meat alternate*, 2 grains, 1 cup other vegetable, 1/4 cup dark green vegetable

*1 meat/meat alternate = 1.12 oz = 2 Tbsp

Directions

1. In bowl, combine SunButter, lime juice, hoisin sauce, soy sauce, and Sriracha sauce. Mix well, thinning with water as necessary.
2. Divide sauce among 24 baguettes, spread sauce on both sides of split baguettes, then layer with cucumber, onion, and bell pepper. Top with cabbage and cilantro leaves.

24 servings

SunBerry Crunch Wrap

With a whole lot of flavor and crunch, this vegetarian wrap will be a hit. Switch it up by adding chopped cucumbers or shredded cabbage, and use fresh basil, cilantro or mint in place of spinach. The possibilities are endless.

Ingredients	Amount and measure	Cost per measure	Total cost
Whole grain tortilla, 8-inch	24 each	$0.15	$3.60
SunButter	6 cups	2.60	15.60
Dried cranberries	3 cups	0.80	2.40
Carrots, matchstick	12 cups	0.26	3.12
Sriracha sauce	6 Tbsp	0.09	0.54
Baby spinach	4 oz	0.04	0.14

Per serving **$1.06**

Total cost: **$25.40**

Directions

1. Spread each tortilla with 1/4 cup of SunButter.
2. Top with 1/2 cup carrots and 2 Tbsp of dried cranberries.
3. Drizzle with 1/2 tsp of sriracha sauce and top with spinach leaves.
4. Roll into a wrap.

Nutrition Information

Amount Per Serving	
Calories	551
Total Fat	30.6g
Saturated Fat	3.2g
Cholesterol	0mg
Sodium	660mg
Total Carbohydrate	58.8g
Dietary Fiber	2.9g
Total Sugars	12.9g
Protein	16.6g
Vitamin D	0mcg
Calcium	201mg
Iron	4.3mg
Potassium	321mg

Child Nutrition Components

Each serving provides: 2 meat/meat alternate*, 2 grains, 1/2 cup red/orange vegetable

* 1 meat/meat alternate = 1.12 oz = 2 Tbsp

24 servings

SunButter Overnight Oats

These oats are easy to prep and easy to serve from your main service line or pre-portioned for grab-n-go locations. Add fresh seasonal fruit or dried cranberries or apricots. Top with maple syrup or whipped topping.

Ingredients	Amount and measure	Cost per measure	Total cost
Skim milk	6 cups	$0.30	$1.80
Chia or sunflower seeds	3/4 cup	1.00	0.75
SunButter	1/3 cup	2.60	0.87
Maple syrup	3/4 cup	0.55	0.41
Old fashioned oats	12 cups	0.15	1.80

Per serving **$0.23**

Total cost: **$5.63**

Directions

1. In bowl, add milk, chia/sunflower seeds, SunButter and maple syrup. Stir well, or if you prefer, stir just enough to leave swirls of SunButter. Add oats and stir a few more times.
2. Pour mixture into a one-gallon container. Press down with spoon to ensure all oats have been moistened and are immersed in mixture.
3. Cover tightly and set in refrigerator overnight, or for at least six hours.
4. After refrigerating, open, portion, and enjoy as is, or garnish with fresh fruit.

Oats will keep in refrigerator for up to 2 days, although they're best enjoyed within the first 12 to 24 hours. Mixture can be portioned into individual servings prior to refrigeration; cover and refrigerate overnight.

Nutrition Information

Amount Per Serving	
Calories	235
Total Fat	10.1g
Saturated Fat	1.3g
Cholesterol	1mg
Sodium	95mg
Total Carbohydrate	27.3g
Dietary Fiber	4.2g
Total Sugars	10.7g
Protein	8.5g
Vitamin D	0mcg
Calcium	103mg
Iron	2mg
Potassium	199mg

Child Nutrition Components

Each serving provides: 2 grains

24 servings

Thai SunButter Noodle Salad

A great vegetarian side with an exotic flavor. Spice it up with extra chili sauce and add sesame seeds for crunch. Take it to the next level by adding chicken or shrimp for a great entrée.

Ingredients	Amount and measure	Cost per measure	Total cost
Whole grain linguine	48 oz	$0.10	$4.80
Sesame oil	1 1/2 cups	3.56	5.34
Green onion, chopped	32 each	0.05	1.60
Garlic cloves, minced	20 each	0.05	1.00
Fresh ginger, peeled, minced	1/4 cup	0.25	0.06
Honey	1 cup	1.93	1.93
SunButter	1 cup	2.60	2.60
Soy sauce	1 cup	0.80	0.80
Rice wine vinegar	3/4 cup	2.13	1.60
Chili garlic sauce	1/4 cup	1.25	0.31
Red bell peppers, sliced thin	4 each	0.50	2.00
Green cabbage, shredded	4 cups	0.26	1.04
Carrots, shredded	4 cups	0.26	1.04

Per serving **$1.01**

Total cost: **$24.12**

Nutrition Information

Amount Per Serving

Calories	427
Total Fat	16g
Saturated Fat	2g
Cholesterol	0mg
Sodium	668mg
Total Carbohydrate	63g
Dietary Fiber	8.8g
Total Sugars	16.8g
Protein	10.9g
Vitamin D	0mcg
Calcium	40mg
Iron	3mg
Potassium	**187mg**

Child Nutrition Components

Each serving provides: 2 grains, 1/2 cup other vegetable

Directions

1. Cook linguine in large pot of boiling salted water until tender but still firm to bite. Drain.
2. Transfer pasta to large bowl; add 1 1/4 cups sesame oil (reserving 1/4 cup) and toss to coat.
3. Heat remaining 1/4 cup oil in heavy large skillet over medium-high heat. Add 20 green onions, garlic, and ginger; sauté until onions soften, about 2 minutes. Add honey, SunButter, soy sauce, vinegar, and chili garlic sauce; whisk to blend. Simmer sauce 1 minute. Cool to room temperature.
4. Pour sauce over pasta and toss to coat. Add bell pepper, cabbage, and carrots; mix well. Transfer to serving platter; sprinkle with remaining green onions.
5. Serving suggestion: Top with roasted sunflower seeds for extra crunch.

24 servings

SunButter Banana Quesadilla

This quick sandwich can also be served cold. When cut into wedges, it makes a sweet appetizer or dessert topped with a scoop of ice cream. Add sunflower seeds to give great crunch whether served warm or cold.

Ingredients	Amount and measure	Cost per measure	Total cost
Whole wheat 8-inch tortilla	24 each	$0.18	$4.32
SunButter	3 cups	2.60	7.80
Banana, sliced	24 each	0.12	2.88
Chocolate chips	1 1/2 cups	1.12	1.68

Per serving **$0.70**

Total cost: **$16.68**

Directions

1. Lay tortilla flat on counter and spread 2 Tbsp. of SunButter over surface.
2. Slice banana into thin slices and arrange over one-half of the tortilla.
3. Sprinkle chocolate chips on top of banana slices and fold tortilla in half.
4. Spray large sauté pan with non-stick cooking spray and heat over medium-low heat. Place quesadilla in warm pan and cook until golden brown and crispy on both sides.

Nutrition Information

Amount Per Serving	
Calories	398
Total Fat	22.4g
Saturated Fat	4.7g
Cholesterol	0mg
Sodium	461mg
Total Carbohydrate	69g
Dietary Fiber	10.1g
Total Sugars	28.4g
Protein	13.3g
Vitamin D	0mcg
Calcium	176mg
Iron	4mg
Potassium	422mg

Child Nutrition Components

Each serving provides: 1 meat/meat alternate*, 2 grains, 1/2 cup fruit

* 1 meat/meat alternate = 1.12 oz = 2 Tbsp

24 servings

Roasted Broccoli SunButter Coleslaw

Here's a tasty twist on broccoli that even President Bush would have liked. Lift this crunchy slaw to entrée status by adding 1 oz. of cooked chicken per serving.

Ingredients	Amount and measure	Cost per measure	Total cost
Broccoli florets, trimmed	4 pounds	$0.65	$2.60
Cherry tomatoes	4 pints	0.75	3.00
Olive oil	1 3/4 cups	1.30	2.28
Kosher salt	2 Tbsp	0.01	0.02
Black pepper	1 Tbsp	0.02	0.02
SunButter	1 cup	2.60	2.60
Brown sugar	3/4 cup	0.30	0.23
Lime juice	1/3 cup	0.45	0.15
Chili garlic sauce	1/4 to 1/2 cup	1.25	0.42
Fish sauce	1/4 cup	1.25	0.31
Cabbage, shredded	4 cups	0.26	1.04
Edamame, shelled	6 cups	0.40	2.40
Carrots, shredded	4 cups	0.26	1.04
Fresno chilies, sliced	8 each	0.30	2.40

Per serving **$0.30**

Total cost: **$7.19**

Nutrition Information

Amount Per Serving	
Calories	322
Total Fat	23.4g
Saturated Fat	3.2g
Cholesterol	0mg
Sodium	764mg
Total Carbohydrate	24.1g
Dietary Fiber	6.6g
Total Sugars	13.1g
Protein	8.5g
Vitamin D	0mcg
Calcium	105mg
Iron	2mg
Potassium	666mg

Child Nutrition Components

Each serving provides: 1 meat/meat alternate (edamame)*, 1/2 cup red/orange, 1/3 cup other vegetable

* 1 meat/meat alternate = 1.12 oz = 2 Tbsp

Directions

1. Heat oven to 400°F. Place the broccoli and tomatoes on a rimmed baking sheet. Drizzle with 3/4 cup oil, salt, and pepper, and toss to coat. Bake for 10 to 15 minutes or until the broccoli starts to brown and the tomatoes soften and start to pop open.
2. In a large mixing bowl, combine the remaining 1 cup oil with the SunButter, brown sugar, lime juice, chili garlic sauce, and fish sauce. Mix well.
3. As soon as the broccoli and tomatoes are done, scrape them into the bowl with the dressing and stir well. Add extra salt and pepper if desired.
4. Add the cabbage, edamame, carrots, and chilies, and toss to coat. Let cool. Can be eaten warm, room temperature, or cold.

24 servings

SunButter Chicken Salad

Give chicken salad a new attitude with a creamy SunButter dressing. Want extra crunch? Add celery and nuts. Want more texture? Add dried fruit. And for those who prefer some zip, add a dose of pepper sauce.

Ingredients	Amount and measure	Cost per measure	Total cost
Chicken, cooked diced	24 oz	$0.19	$4.56
Gala apples, chopped	4 each	0.20	0.80
SunButter, Creamy	2 cups	2.60	5.20
Mayonnaise	1 1/4 cups	1.00	1.23
Honey	1 cup	1.92	1.92

Per serving **$0.57**

Total cost: **$13.71**

Directions

1. Combine chicken and apple in a large bowl.
2. In a small bowl, stir together SunButter, mayonnaise, and honey.
3. Add SunButter mixture to chicken and stir until well coated.
4. Serve spooned onto lettuce leaves, on a croissant, or with crackers.

Nutrition Information

Amount Per Serving	
Calories	291
Total Fat	15.7g
Saturated Fat	2.2g
Cholesterol	25mg
Sodium	186mg
Total Carbohydrate	25.7g
Dietary Fiber	3.8g
Total Sugars	19.2g
Protein	13.2g
Vitamin D	0mcg
Calcium	20mg
Iron	1mg
Potassium	111mg

Child Nutrition Components

Each serving provides: 2 meat/meat alternate*

* 1 meat/meat alternate = 1.12 oz = 2 Tbsp

36 1 oz. servings

Sunny Honey Lime Sauce

Use this smooth and savory sauce to dress noodles or grains in a salad, as a marinade when grilling meat, or mix it with mayo to create a tasty dipping sauce for crudité and chicken nuggets.

Ingredients	Amount and measure	Cost per measure	Total cost
Honey	1 1/2 cup	$1.93	$2.90
Soy sauce	1 cup	0.80	0.80
SunButter	1/2 cup	2.60	1.30
Lime juice	1/2 cup	0.45	0.23
Garlic, chopped	1 Tbsp		0.10
Onion, chopped	2 Tbsp		0.10
Mint leaves, chopped	1/4 oz.		0.20
Limes, whole	1 1/2 each	0.30	0.45
Worcestershire sauce	1/4 cup	0.27	0.06
Poke sauce	1/2 cup	0.82	0.41
Xanthan gum	1 tsp	0.10	0.10

Per serving **$0.18**

Total cost: **$6.65**

Nutrition Information

Amount Per Serving	
Calories	71
Total Fat	1.8g
Saturated Fat	0.2g
Cholesterol	0mg
Sodium	414mg
Total Carbohydrate	13.6g
Dietary Fiber	0.6g
Total Sugars	12.2g
Protein	1.3g
Vitamin D	0mcg
Calcium	6mg
Iron	0mg
Potassium	31mg

Directions

1. Place all ingredients in a blender and puree until smooth.
2. Refrigerate.

SunButter. "Building trust with American schools since 2003."

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

Available through foodservice distributors nationwide

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:

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