

the PLANT-BASED protein COOKBOOK



Delicious, allergy-friendly recipes
for Business & Industry Dining



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

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



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



36 servings

SunButter Harvest Granola Bars

These crunchy, nutritious treats are great for breakfast or a fast snack. Create diversity by adding chocolate chips, raisins, or dried cherries in place of raisins. Want more crunch? Add some whole sunflower seeds.

Ingredients	Amount and measure	Cost per measure	Total cost
Oatmeal	12 cups	\$0.17	\$2.04
Coconut	3 cups	0.27	0.81
Flour	2 cups	0.05	0.10
Brown sugar	3 cups	0.20	0.60
Salt	2 tsp	0.01	0.02
Raisins	6 cups	0.70	4.20
Cinnamon	1 1/2 tsp	0.02	0.03
Vanilla	2 Tbsp	0.07	0.14
Butter, melted	2 1/4 cups	1.50	3.38
Honey	1 cup	1.92	1.92
SunButter	2 cups	2.60	5.20

Per serving

\$0.51

Total cost:

\$18.44

Directions

1. Stir together the oatmeal, coconut, flour, brown sugar, salt, raisins and cinnamon.
2. In a separate bowl, combine the vanilla, melted butter, honey and SunButter. Whisk to combine.
3. Mix the dry mixture with the wet mixture and spread into a full sheet pan.
4. Bake at 300° for 25–30 minutes. Cool to room temperature, then cover and refrigerate overnight.
5. Cut each pan in an 8x9 pattern for 72 pieces and 36 servings.

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



32 servings

SunButter Chocolate Chip Scones

Crumbly on the outside, sweet and soft on the inside — these SunButter scones (with a hint of chocolate) add a level of sophistication to any tray of breakfast goodies and are perfect for a mid-morning (or anytime) snack.

	Ingredients	Amount and measure	Cost per measure	Total cost
Scones	Flour, bread	4 cups	\$0.06	\$0.24
	Flour, all-purpose	3 cups	0.05	0.15
	Corn starch	1/2 cup	0.30	0.15
	Sugar	2/3 cup	0.25	0.17
	Baking powder	4 Tbsp	0.05	0.20
	Salt	2 tsp	0.01	0.01
	Butter	1 1/2 cup + 2 Tbsp	1.50	2.44
	Milk	1 3/4 cup	0.30	0.53
	Egg, whole	2 each	0.08	0.16
	Egg, yolk	2 each	0.08	0.16
	SunButter	1 cup	2.60	2.60
	Chocolate chunks	2 cups	1.13	2.26
Glaze	Confectioners sugar	2 cups	0.44	0.88
	SunButter	1 Tbsp	0.16	0.16
	Milk	4 tsp	0.30	1.20

Per serving

\$0.35

Total cost:

\$11.31

Directions

1. In a large bowl, add the dry ingredients (flours, corn starch, sugar, baking powder, salt) and whisk to combine.
 2. Add the cold butter and mix with a pastry cutter until it is evenly distributed and the mixture resembles cornmeal.
 3. In a bowl mix the milk, egg, egg yolk and SunButter, mix well.
 4. Pour the liquids into the dry mixture.
 5. Mix lightly; add in the chocolate chunks. Mix the batter until just combined. Do not over mix.
 6. Pour the dough out onto a lightly floured surface and knead gently 5 or 6 times, rotating as you go.
 7. Form the dough into 4 discs, each about 8 inches in diameter.
 8. Cut each disc into 8 pieces. Place scones 1 inch apart on a baking sheet lined with parchment paper.
 9. Refrigerate for 20 minutes and preheat oven to 400°.
 10. Bake for 15–20 minutes or until the tops are lightly golden brown. Cool, then glaze.
- Prepare the glaze:** In a small bowl, mix the confectioners sugar, SunButter and milk until you have a thin glaze. Drizzle on cooled scones.

Nutrition Information

Amount Per Serving

Calories	237
Total Fat	13g
Saturated Fat	7.6g
Cholesterol	41mg
Sodium	248mg
Total Carbohydrate	27.8g
Dietary Fiber	0.3g
Total Sugars	12.7g
Protein	3.5g
Vitamin D	9mcg
Calcium	107mg
Iron	1mg
Potassium	206mg



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.



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

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.

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



24 servings

SunButter Rice Crispy Treats

These bars are a perennial favorite with adults and kids alike, with a mouthwatering chocolate and butterscotch drizzle. For variety, mix in sunflower seeds — or skip the drizzle and go full on with a chocolate ganache.

Ingredients	Amount and measure	Cost per measure	Total cost
Sugar	1 cup	\$0.25	\$0.25
Corn syrup	1 cup	0.73	0.73
SunButter	1 cup	2.60	2.60
Crispy rice cereal	6 cups	0.30	1.80
Chocolate chips	1 cup	1.12	1.12
Butterscotch chips	1 cup	1.12	1.12

Per serving

\$0.32

Total cost:

\$7.62

Directions

1. In a large saucepan, bring sugar and corn syrup to a boil. Remove from heat and add the SunButter; stir until well blended. Add crispy rice cereal; stir until well coated. Lightly press into a greased 9×13-inch pan.
2. In medium microwavable bowl, heat chocolate chips and butterscotch chips until just melted, checking in 30-second increments. Remove from microwave and stir until smooth. Spread on top of the bars.

Nutrition Information

Amount Per Serving

Calories	312
Total Fat	12.6 g
Saturated Fat	5 g
Cholesterol	0.9 mg
Sodium	139 mg
Total Carbohydrate	48 g
Dietary Fiber	2 g
Total Sugars	27.9 g
Protein	3.9 g
Vitamin D	0 mcg
Calcium	25.2 mg
Iron	4.2 mg
Potassium	0.8 m

SunButter. "Building Trust with America's students 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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