

The background of the page features three clear plastic cups filled with a thick, light-brown smoothie. The smoothie has a frothy top and is speckled with small dark particles, likely chocolate chips or nuts. One cup in the foreground has a blue and white striped straw. The cups are arranged on a white paper tray. The SunButter logo, a yellow sunflower, is centered over the smoothies. The text 'WORRY-FREE FOODSERVICE' is arched over the top, and 'GUIDEBOOK' is arched below the logo. The 'SunButter' brand name is written in a stylized font across the middle of the sunflower.

WORRY-FREE FOODSERVICE
SunButter
GUIDEBOOK

K-12

Allergy-friendly
recipes for
inclusive menus.

TOP WAYS SCHOOLS ARE GOING WORRY-FREE

Savvy foodservice directors are forging the future of school-wide dining. They are finding ways to:

Answer the call for inclusive menus.

Creating a safe environment for students and staff with food allergies is a pressing imperative for schools. SunButter® helps directors create menus everyone can enjoy, free of the top 9 food allergens.

Boost mood with nutrition.

Appetite is building for foods that fight fatigue, fuel brainpower and add to an overall sense of wellbeing. SunButter® is packed with nutrients and contains more vitamins and minerals than most nut butters.

BÁNH MÌ WITH SPICY SUNBUTTER® SAUCE



Serve students on the move.

The demand for portable dining options is growing. This guidebook includes flexible recipes that help you move seamlessly from the cafeteria line to on-the-go serving.

Embrace new tastes.

Differentiating a foodservice program means taking a fresh look at flavors that resonate with the full diversity of the study body. Find inspiration throughout this guide for recipes that incorporate key long-term trends of global flavors, superfoods, and reinvented comfort foods.



**SUNBUTTER®
BREAKFAST PIZZA**

Use any flatbread or prepared pizza dough. Spread SunButter on grilled bread, top with a variety of fruits and granola, and drizzle with more SunButter.



**SUNBUTTER®
PARFAIT**

Perfect for on the go! Layer Greek yogurt, granola, SunButter, and fresh fruit in parfait cups.



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**NEXT-LEVEL
MENU IDEAS**

Keep reading & visit
SunButterFoodservice.com
for more recipes!



**SUNBUTTER®
TOASTY**

Spread SunButter on thick bread that will char up with a buttery crunch. Add jams, dips, pickles, and anything you might dream up for a custom Toasty!

**SUNBUTTER®
GREEN GODDESS
SALAD**

A superfood vegan salad made with kale or any greens, mixed with loads of bright veggies and topped with an herb-packed SunButter dressing.

SUNBUTTER DRESSING IN A SALAD SHAKER

Serve the ultimate blend of flavors and textures in one nutritious meal, ready to shake & enjoy on the go! It's a deliciously satisfying combination that will leave students feeling energized and satisfied.



Ingredients	Amount and measure
SunButter Blended Dressing (recipe on next page)	37.5 oz (approx. 5 cups)
Basmati Rice, cooked	100 oz (approx. 6 pounds) cooked rice, prepared with approx. 4.12 cups uncooked rice
Yellow Bell Pepper, diced	25 oz (approx. 1½ pounds)
Red Bell Pepper, diced	25 oz (approx. 1½ pounds)
Green Peas, blanched	37.5 oz (approx. 2¼ pounds)
Shredded Carrot	12.5 oz (approx. ¾ pound)
Crispy Onion Tangles	12.5 oz (approx. ¾ pound)

Nutrition Information

Serving Size: 1 salad shaker (approx. 7½ oz per shaker)
Amount Per Serving

Calories: Approx. 245
Protein: Approx. 5.5g
Carbohydrates: Approx. 37g
Fat: Approx. 8g
Fiber: Approx. 4g
Calcium: Varies based on specific ingredients used

Note: Nutritional values are estimates and can vary depending on the specific brands and types of ingredients used.

Directions

Prepare Ingredients

1. Cook the basmati rice according to package instructions and let it cool.
2. Dice the yellow and red bell peppers.
3. Blanch the green peas by boiling them briefly and then cooling them in ice water.
4. Shred the carrots.
5. Measure out the crispy onion tangles.

Assemble Salad Shakers

1. Distribute the ingredients evenly across 25 individual cups with lids.
2. In each cup, layer the following:
Bottom layer: 1.5 oz SunButter Blended Dressing
Second layer: 4 oz cooked Basmati rice
Third layer: 1 oz yellow bell pepper
Fourth layer: 1 oz red bell pepper
Fifth layer: 1.5 oz green peas
Sixth layer: 0.5 oz shredded carrot
Top layer: 0.5 oz crispy onion tangles

Serve

1. Seal each cup securely with its lid.
2. Provide instructions to shake the cup vigorously before consuming to mix the dressing with the other ingredients evenly.

Child Nutrition Components

Each serving provides: 1 grain, ½ cup vegetable

Critical Control Points

Ensure all ingredients, especially perishable items like vegetables and dressing, are kept at or below 40°F (4°C) until assembly.

Assemble the salad shakers close to serving time or store them in a refrigerator to maintain freshness and quality.

SUNBUTTER BLENDED SALAD DRESSING

Transform your existing fruity or citrus salad dressing into a delightful new flavor profile by blending in Creamy SunButter. This approach not only enhances the taste but also adds a rich, creamy texture, making it a versatile addition to any salad.



Ingredients	Amount and measure
Creamy SunButter	52 oz (6½ cups)
Commercialized Fruity or Citrus Salad Dressing	128 oz (1 gallon)

Directions

Blend Ingredients

1. In a large mixing bowl or commercial blender, combine the Creamy SunButter and the fruity/citrus salad dressing.
2. Blend or whisk until the mixture is smooth and homogeneous. The resulting dressing should have a consistent texture and an even blend of flavors.

Storage

1. Transfer the blended dressing into a clean, airtight container.
2. Store in the refrigerator at or below 40°F (4°C) to maintain freshness. Use within two weeks for optimal taste and quality.

Usage Tips

Salads: Drizzle this newly created dressing over mixed greens, fruit salads, or grain bowls to add depth and flavor.

Marinades: Use it as a marinade for chicken, fish, or tofu to infuse dishes with a unique, savory-sweet profile.

Dips: Serve as a dip for fresh vegetables, pita bread, or as a fruit dip.

CREAMY SPICED KOREAN CHICKEN SALAD

A savory chicken salad with a creamy, spicy kick! Mixed with prepared Gochujang, red onion and cilantro. Serve alongside tangy pickled cucumbers and fresh seasonal fruit.



25 SERVINGS

Nutrition Information

Serving Size: Approx. 4 oz

Amount Per Serving

Calories: Approx. 220

Protein: Approx. 15g

Carbohydrates: Approx. 10g

Fat: Approx. 14g

Fiber: Approx. 1g

Calcium: Varies based on specific ingredients used

Note: Nutritional values are estimates and can vary depending on the specific brands and types of ingredients used.

Child Nutrition Components

Each serving provides: 3.5 meat/meat alternate

Ingredients

Amount and measure

Ingredients	Amount and measure
Protein Salad	
Cooked Chicken, diced, skinless, boneless	82 oz (approx. 5 pounds)
Red Onion, diced	4 oz (½ cup)
Celery, diced	3 oz (6 Tbsp)
Ground Black Pepper	0.5 oz (1 Tbsp)
Salt	0.7 oz (approx. 1½ Tbsp)
Korean Dressing	
Creamy SunButter	12 oz (1½ cups)
Prepared Gochujang, Korean Chili Paste	8.6 oz (approx. 1 cup)
Rice Wine Vinegar	2.4 oz (approx. 5 Tbsp)
Honey	4.8 oz (approx. ½ cup)
Canned Coconut Milk, full-fat	9.6 oz (approx. 1¼ cups)
Lime Juice, freshly squeezed for best flavor	0.96 oz (2 Tbsp)

Directions

Prepare the Protein Salad

1. In a large mixing bowl, combine the cooked, diced chicken with the diced red onion and celery.
2. Season the mixture with ground black pepper and salt. Toss well to ensure even distribution of ingredients.

Prepare the Korean Dressing

1. In a separate bowl, combine the Creamy SunButter, prepared Gochujang, rice wine vinegar, honey, canned coconut milk, and lime juice.
2. Whisk until all ingredients are fully incorporated and the dressing is smooth and creamy.

Combine Salad and Dressing

1. Pour the prepared Korean dressing over the chicken mixture.
2. Gently toss until the chicken and vegetables are evenly coated with the dressing.

Chill and Serve

1. Transfer the salad to a serving container.
2. Cover and refrigerate for at least 1 hour before serving to allow the flavors to meld.
3. Serve approximately 4 ounces of the salad per portion.

CHOCOLATE SUNBUTTER & ACAI BERRY BOWL

A chocolatey, chilled and satisfying blend of SunButter, acai and milk. Top with choice of colorful fruit.



50 SERVINGS

Ingredients	Amount and measure
Chocolate SunButter	35 oz (approx. 4½ cups)
Frozen Acai	100 oz (approx. 6¼ pounds)
Milk or Dairy-Free Milk Alternative	50 oz (approx. 6¼ cups)

Nutrition Information

Serving Size: 4 oz (approx. ½ cup)

Amount Per Serving

Calories: Approx. 150

Protein: Approx. 5g

Carbohydrates: Approx. 19g

Fat: Approx. 7g

Fiber: Approx. 3g

Calcium: Varies based on milk choice

Note: Nutritional values are estimates and can vary depending on the specific brands and types of ingredients used.

Child Nutrition Components

Each serving provides: 1 meat/meat alternate, ¼ cup fruit

Critical Control Points

Maintain the mixture at or below 40°F (4°C) to ensure food safety.

Serve the prepared bowls within 24 hours of preparation.

Directions

Thaw Acai

1. Thaw the frozen acai in a refrigerator until it reaches a slushy consistency.

Combine Ingredients

1. In a large mixing bowl, combine the thawed acai, chocolate SunButter, and milk.
2. Mix until all ingredients are well incorporated and smooth.

Portion and Serve

1. Using a standard scoop, portion 4 ounces (approximately ½ cup) of the mixture into individual serving bowls.
2. Serve immediately or store in the refrigerator until ready to serve.

CHOCOLATE SUNBUTTER SMOOTHIE

Wake up morning and to-go menus for older students with this mocha-forward yogurt smoothie.



25 SERVINGS

Nutrition Information

Serving Size: 15 oz
Amount Per Serving

Calories: Approx. 250
Protein: Approx. 8g
Carbohydrates: Approx. 35g
Fat: Approx. 10g
Fiber: Approx. 2g
Calcium: Varies based on milk and yogurt used

Note: Nutritional values are estimates and can vary depending on the specific brands and types of ingredients used.

Child Nutrition Components

Each serving provides: ~2.75 meat/meat alternate.
If made with dairy milk, recipe provides additional 8 oz fluid milk

Ingredients	Amount and measure
Chocolate SunButter	50 oz (approx. 6¼ cups)
Ice	125 oz (approx. 7¾ pounds)
Milk or Dairy-Free Milk Alternative	100 oz (approx. 12½ cups)
Instant Granulated Coffee	6.25 oz (approx. 1 cup)
Vanilla Yogurt	100 oz (approx. 12½ cups)

Directions

Prepare Ingredients

1. Measure out all ingredients to ensure an efficient blending process.

Blend the Smoothie

1. In a high-capacity blender, combine the ice, milk, instant coffee, and vanilla yogurt. Blend on high until the mixture is smooth and frothy.
2. Add the chocolate SunButter to the blender and continue blending until all ingredients are well incorporated and the smoothie reaches a creamy consistency.

Portion and Serve

1. Pour the blended mixture into individual serving cups, ensuring each portion is approximately 15 ounces.
2. Serve immediately for the best texture and flavor.

CREAMY SUNBUTTER CHEESECAKE DIP

This creamy dip is great for catering. To make it lunch menu ready, swap out the cream cheese for regular plain or vanilla yogurt and sweeten to taste. Pair with fruit and whole grains.



25 SERVINGS

Ingredients	Amount and measure
Creamy SunButter	28 oz (3½ cups)
Whipped Cream Cheese, reduced-fat if available	60 oz (7½ cups)
Powdered Sugar	30 oz (3¾ cups)
Lemon Juice, freshly squeezed for best flavor	1.5 oz (3 Tbsp)
Vanilla Extract	1.5 oz (3 Tbsp)

Nutrition Information

Serving Size: 4 oz

Amount Per Serving

Calories: Approx. 280

Protein: Approx. 5g

Carbohydrates: Approx. 20g

Fat: Approx. 20g

Fiber: Approx. 1g

Calcium: Varies based on specific ingredients used

Note: Nutritional values are estimates and can vary depending on the specific brands and types of ingredients used.

Directions

Ingredient Preparation

1. Ensure all ingredients are at room temperature to facilitate easy mixing. This step is crucial for achieving a smooth texture.

Mixing Instructions

1. In a large mixing bowl, combine the whipped cream cheese and powdered sugar. Use a commercial mixer on medium speed until the mixture is smooth and creamy.
2. Add the Creamy SunButter, lemon juice, and vanilla extract to the bowl. Continue mixing until all ingredients are fully incorporated, resulting in a uniform, creamy blend.

Chilling Instructions

1. Transfer the mixture to individual serving containers.
2. Cover and refrigerate for at least 1 hour to allow the flavors to meld and the dip to firm up slightly.

Portioning and Serving

1. Serve with an assortment of fresh fruit slices such as strawberries, apple slices, and grapes, along with whole grain graham crackers.

CHOCOLATE SUNBUTTER SHIITAKE BEEF STEW

Rich umami flavor is simmered into this shiitake mushroom beef stew. Smoky notes, deep hints of chocolate and earthy flavor from the Chocolate SunButter will make meat eaters crave more.



Ingredients	Amount and measure
Chocolate SunButter	4.2 oz (½ cup)
Beef Broth, low sodium preferred	44.8 oz (5½ cups)
Celery, diced	4.2 oz (½ cup)
Beef Stew Meat, cubed, lean cuts	44.8 oz (5½ cups)
Onion, diced	11.2 oz (approx. 1½ cups)
Mushrooms, sliced, Shiitake or button	22.4 oz (approx. 2¾ cups)
Garlic, minced	1.4 oz (approx. 3 Tbsp)
Carrots, diced	22.4 oz (approx. 2¾ cups)
Dried Thyme	0.35 oz (2 tsp)
Salt	1 oz (2 Tbsp)
Black Pepper	0.7 oz (approx. 1½ Tbsp)
Bay Leaves	3 each

Nutrition Information

Serving Size: Approx. 6.5 oz
Amount Per Serving

Calories: Approx. 200
Protein: Approx. 15g
Carbohydrates: Approx. 10g
Fat: Approx. 10g
Fiber: Approx. 2g
Calcium: Varies based on specific ingredients used

Note: Nutritional values are estimates and can vary depending on the specific brands and types of ingredients used.

Child Nutrition Components

Each serving provides: 2 meat/meat alternate, ½ cup vegetable

Directions

Prepare Ingredients

1. Dice the celery, onion, and carrots.
2. Slice the mushrooms.
3. Mince the garlic.
4. Cube the beef stew meat if not pre-cubed.

Sear the Meat

1. In a large pot or Dutch oven, heat a small amount of oil over medium-high heat.
2. Add the beef stew meat and sear on all sides until browned. Remove the meat from the pot and set aside.

Cook the Vegetables

1. In the same pot, add the diced onions, celery, and carrots. Cook for about 5 minutes until they begin to soften.
2. Add the sliced mushrooms and minced garlic, cooking for an additional 2-3 minutes.

Combine and Simmer

1. Return the seared beef to the pot.
2. Pour in the beef broth and stir in the Chocolate SunButter until fully melted and incorporated.
3. Add the dried thyme, salt, black pepper, and bay leaves.
4. Bring the mixture to a boil, then reduce heat to low. Cover and let simmer for approximately 1.5 hours, or until the beef is tender and the flavors have melded together.

Final Adjustments

1. Remove the bay leaves before serving.
2. Taste and adjust seasoning if necessary.

Serve

1. Ladle approximately 6.5 ounces of the stew into bowls for each serving.

SUNBUTTER RED CURRY COCONUT SOUP

A heartwarming coconut cream curry soup loaded with veggies, mushrooms, lime and ginger. A meal that is packed full of flavor and nutrition.



Ingredients	Amount and measure
Creamy SunButter	52 oz (approx. 6½ cups)
Coconut Milk, full-fat preferred	52 oz (approx. 6½ cups)
Chicken or Vegetable Base, low sodium preferred	4 oz (½ cup)
Red Curry Paste	16 oz (2 cups)
Fresh Ginger, minced	4 oz (½ cup)
Garlic, minced	2 oz (¼ cup)
Water	16 oz (2 cups)
Broccoli Florets	28 oz (3½ cups)
Snap Peas	20 oz (2½ cups)
Green Zucchini, diced	24 oz (2½ cups)
Red Bell Pepper, diced	3 oz (2 cups)
Mushrooms, sliced, Shiitake or Button	16 oz (2 cups)
Lime Juice, freshly squeezed for best flavor	2 oz (¼ cup)

Nutrition Information

Serving Size: Approx. 10 oz
Amount Per Serving

Calories: Approx. 250
Protein: Approx. 8g
Carbohydrates: Approx. 18g
Fat: Approx. 18g
Fiber: Approx. 3g
Calcium: Varies based on specific ingredients used

Note: Nutritional values are estimates and can vary depending on the specific brands and types of ingredients used.

Child Nutrition Components

Each serving provides: 2 meat/meat alternate, ½ cup vegetables

Directions

Develop the Cream Base

1. In a large pot, combine the Creamy SunButter, coconut milk, chicken base, and red curry paste.
2. Add the minced ginger and garlic.
3. Pour in the water and stir well to ensure all ingredients are thoroughly mixed.
4. Bring the mixture to a gentle simmer over medium heat, stirring occasionally.

Add Vegetables

1. Once the cream base is well-blended and heated through, add the broccoli florets, snap peas, diced zucchini, red bell peppers, and sliced mushrooms.
2. Continue to simmer for about 10 minutes, or until the vegetables are tender but still crisp.

Finalize the Soup

1. Add the lime juice to the soup just before serving to brighten the flavors.
2. Adjust seasoning if necessary, ensuring the balance of flavors is achieved.

Serve

1. Ladle approximately 10 ounces of soup into bowls for each serving.

SUNBUTTER BÁNH MÌ SPREAD

Meet the demand for global flavor with this SunButter Bánh Mì spread, spiced with chili crisp. Serve with 2 oz of protein of choice on a 2-grain equivalent bun/roll/bread of choice. We recommend a steamed French bun with pork cutlets wok-fried in fish sauce with pickled veggies and cilantro.



25 SERVINGS

Ingredients	Amount and measure
Creamy SunButter	15 oz (approx. 2 cups)
Mayonnaise	3.75 oz (approx. ½ cup)
Chili crisp	3.75 oz (approx. ½ cup)
Fish sauce	2.5 oz (5 Tbsp)

Nutrition Information

Serving Size: 1 oz
Amount Per Serving

Calories: Approx. 80
Protein: Approx. 2g
Carbohydrates: Approx. 3g
Fat: Approx. 7g
Fiber: Approx. 1g
Calcium: Varies based on specific ingredients used

Note: Nutritional values are estimates and can vary depending on the specific brands and types of ingredients used.

Directions

Combine Ingredients

1. In a mixing bowl, combine the Creamy SunButter and mayonnaise. Stir until well blended.
2. Add the chili crisp and fish sauce to the mixture. Stir thoroughly until all ingredients are fully incorporated and the spread is smooth.

Chill Before Serving

1. Transfer the mixture to a serving container.
2. Cover and refrigerate for at least 30 minutes to allow the flavors to meld together.

Portioning and Serving

1. Use a portion scoop or spoon to measure out 1-ounce servings.
2. Serve as a spread for sandwiches, particularly Bánh Mì-inspired sandwiches, or as a flavorful dip for vegetables.

SUNBUTTER BREAKFAST PIZZAS

Use any flatbread or prepared pizza dough. Spread your choice of SunButter on toasted bread with a variety of seasonal fruits and granola, drizzle with more SunButter, and serve!



Ingredients	Amount and measure
Creamy or Chocolate SunButter	2 oz
Naan Bread (mini size)	2 oz each
Seasonal Fruit (e.g., berries, sliced apples, bananas)	50 oz
Optional: Granola for garnish	

Directions

Preheat and Prepare

1. Preheat the oven to 375°F (190°C).
2. Place the mini naan bread on a baking sheet lined with parchment paper.

Spread SunButter

1. Spread approximately 2 ounces of Creamy or Chocolate SunButter evenly on each mini naan bread to create a flavorful base.

Bake

1. Place the prepared naan/breakfast pizzas in the preheated oven and bake for about 8-10 minutes, or until the edges of the naan bread are lightly toasted.

Fruit Toppings

1. After removing pizzas from oven and allowing to cool slightly, arrange a generous amount of seasonal fruit toppings on top of the SunButter spread. Get creative with combinations like berries, sliced apples, or bananas for a burst of freshness.

Nutrition Information

Serving Size: 2 oz
Amount Per Serving

Calories: Approx. 150
Protein: Approx. 4g
Carbohydrates: Approx. 20g
Fat: Approx. 6g
Fiber: Approx. 3g
Calcium: Varies based on specific ingredients used

Note: Nutritional values are estimates and can vary depending on the specific brands and types of ingredients used.

Child Nutrition Components

Each serving provides: 2 meat/meat alternate, ¼ cup fruit, 2 grains

Optional Garnish

1. For an extra crunch and texture, sprinkle a bit of granola over the fruit toppings as a delightful garnish.

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.



24 SERVINGS

Ingredients	Amount and measure	Cost per measure	Total cost
SunButter	6 cups	\$3.12	\$18.72
Lime juice	3 cups	0.54	1.62
Water	1 cup	0.00	0.00
Hoisin sauce	1 1/3 cup	1.50	2.00
Soy sauce	2/3 cup	0.96	0.64
Sriracha sauce	2/3 cup	1.73	1.16
Crusty baguette, 6-inch	24 each	0.36	8.64
Cucumbers, sliced	6 cups	0.55	3.30
Onion, sliced	6 cups	0.49	2.94
Red pepper, sliced	6 cups	0.58	3.48
Purple cabbage, sliced	6 cups	0.31	1.86
Cilantro, chopped	6 cups	1.20	7.20

Per serving
\$2.15

Total cost:
\$51.56

Nutrition Information

Amount Per Serving

Calories	615
Total Fat	38.7g
Saturated Fat	6.1g
Cholesterol	5mg
Sodium	1159mg
Total Carbohydrate	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

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.

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.



24 SERVINGS

Ingredients	Amount and measure	Cost per measure	Total cost
Whole grain tortilla, 8-inch	24 each	\$0.18	\$4.32
SunButter	6 cups	3.12	18.72
Dried cranberries	3 cups	0.96	2.88
Carrots, matchstick	12 cups	0.31	3.72
Sriracha sauce	6 Tbsp	0.11	0.66
Baby spinach	4 oz	0.05	0.18

Per serving
\$1.27

Total cost:
\$30.38

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

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.



36 1-OZ SERVINGS

Ingredients	Amount and measure	Cost per measure	Total cost
Honey	1 1/2 cup	\$2.32	\$3.48
Soy sauce	1 cup	0.96	0.96
SunButter	1/2 cup	3.12	1.56
Lime juice	1/2 cup	0.54	0.28
Garlic, chopped	1 Tbsp		0.12
Onion, chopped	2 Tbsp		0.12
Mint leaves, chopped	1/4 oz.		0.24
Limes, whole	1 1/2 each	0.36	0.54
Worcestershire sauce	1/4 cup	0.32	0.07
Poke sauce	1/2 cup	0.98	0.49
Xanthan gum	1 tsp	0.12	0.12

Per serving
\$0.22

Total cost:
\$7.98

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 makes it easy to love eating green. Lift this crunchy slaw to entrée status by adding 1 oz. of cooked chicken per serving.



24 SERVINGS

Ingredients	Amount and measure	Cost per measure	Total cost
Broccoli florets, trimmed	4 pounds	\$0.78	\$3.12
Cherry tomatoes	4 pints	0.90	3.60
Olive oil	1 3/4 cups	1.56	2.74
Kosher salt	2 Tbsp	0.01	0.02
Black pepper	1 Tbsp	0.02	0.02
SunButter	1 cup	3.12	3.12
Brown sugar	3/4 cup	0.36	0.27
Lime juice	1/3 cup	0.54	0.18
Chili garlic sauce	1/4 to 1/2 cup	1.50	0.50
Fish sauce	1/4 cup	1.50	0.38
Cabbage, shredded	4 cups	0.31	1.24
Edamame, shelled	6 cups	0.48	2.88
Carrots, shredded	4 cups	0.31	1.24
Fresno chilies, sliced	8 each	0.36	2.88

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, 1/2 cup red/orange, 1/3 cup other vegetable

Per serving
\$0.36

Total cost:
\$8.66

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.

SUNBUTTER OVERNIGHT OATS

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



24 SERVINGS

Ingredients	Amount and measure	Cost per measure	Total cost
Skim milk	6 cups	\$0.36	\$2.16
Chia or sunflower seeds	3/4 cup	1.20	0.90
SunButter	1/3 cup	3.12	1.04
Maple syrup	3/4 cup	0.66	0.49
Old fashioned oats	12 cups	0.18	2.16

Per serving
\$0.28

Total cost:
\$6.75

Directions

- 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.
- Pour mixture into a one-gallon container. Press down with spoon to ensure all oats have been moistened and are immersed in mixture.
- Cover tightly and set in refrigerator overnight, or for at least six hours.
- 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

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.



24 SERVINGS

Ingredients	Amount and measure	Cost per measure	Total cost
Whole grain linguine	48 oz	\$0.12	\$5.76
Sesame oil	1 1/2 cups	4.27	6.41
Green onion, chopped	32 each	0.06	1.92
Garlic cloves, minced	20 each	0.06	1.20
Fresh ginger, peeled, minced	1/4 cup	0.30	0.07
Honey	1 cup	2.32	2.32
SunButter	1 cup	3.12	3.12
Soy sauce	1 cup	0.96	0.96
Rice wine vinegar	3/4 cup	2.55	1.92
Chili garlic sauce	1/4 cup	1.50	0.38
Red bell peppers, sliced thin	4 each	0.60	2.40
Green cabbage, shredded	4 cups	0.31	1.24
Carrots, shredded	4 cups	0.31	1.24

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

Per serving
\$1.21

Total cost:
\$28.94

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.

SUNBUTTER BANANA QUESADILLA

This quick sandwich can be served warm or cold. Cut into wedges and serve with additional SunButter and fruit for dipping. For additional crunch, add sunflower seeds.



24 SERVINGS

Ingredients	Amount and measure	Cost per measure	Total cost
Whole wheat 8-inch tortilla	24 each	\$0.22	\$5.28
SunButter	3 cups	3.12	9.36
Banana, sliced	24 each	0.14	3.36
Chocolate chips	1 1/2 cups	1.34	2.02

Per serving
\$0.84

Total cost:
\$20.02

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

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.



24 SERVINGS

Ingredients	Amount and measure	Cost per measure	Total cost
Chicken, cooked diced	24 oz	\$0.23	\$5.52
Gala apples, chopped	4 each	0.24	0.96
SunButter, Creamy	2 cups	3.12	6.24
Mayonnaise	1 1/4 cups	1.20	1.48
Honey	1 cup	2.30	2.30

Per serving
\$0.68

Total cost:
\$16.50

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

REACH FOR THE WORRY-FREE WONDERFOOD

- ✓ FREE FROM THE TOP 9 FOOD ALLERGENS
- ✓ VERSATILE INGREDIENT OR GRAB & GO ITEM
- ✓ 1.1 OZ = 1 M/MA (CREAMY)
1.4 OZ = 1 M/MA (CHOCOLATE)
- ✓ MADE IN THE USA FROM SUSTAINABLE SUNFLOWER SEEDS
- ✓ FULL OF FLAVOR & NUTRITION
- ✓ SURPRISINGLY AFFORDABLE



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