







To spread pure, uncomplicated goodness with food that's healthier, tastier, safer and more sustainable for our families and our planet.



SunButter[®] is all the pure goodness of the sun in a creamy, delicious spread!



A STORY AS Simple AS OUR PRODUCTS

We started making SunButter[®] from sunflower seeds in 2002. Moms and kids have been skipping to stores, snack rooms, lunchrooms and kitchens ever since, ready to dip, dab and dunk some fun!

SunButter[®] is a treat for the taste buds. Plus, we make it with just a few simple, healthy ingredients, so every spoonful packs a powerful punch of protein and energy. To make SunButter[®], we start with the finest sunflower kernel available. We source ours locally and globally from carefully vetted growers and suppliers that are peanut and tree nut free.



NUT FREE!

We crush, oven roast and slow churn sunflower kernels into tasty, super-healthy SunButter®. The entire process, from receiving to packaging, happens under one roof in Fargo, North Dakota. And since that's all we do, the production facility and SunButter® are entirely free from the top food allergens. Whether it's about keeping someone close safe or protecting others, it's all good with SunButter®.







SIMPLE INGREDIENTS. DELICIOUS FLAVOR.®

We took sunshine and made it spreadable. Sunflower seeds make a mighty delicious, mighty healthy, better butter. SunButter[®] combines a few simple ingredients to create wholesome, pure, good-for-you spreads with a unique sweet and savory taste.



Make it great with SunButter[®]!

For hundreds of recipes, including fan favorites, go to SunButter.com!

SunButter[®] products are certified kosher, NON-GMO Project Verified and Gluten Free.















Roasted Sunflower Seed,





Roasted Sunflower Seeds, Sugar, Unsweetened Chocolate, Cocoa Powder, Salt, and Vanilla Flavor

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Recipe by @food.duchess

Recipe by @realfoodwithjessica









Your Next Expedition

On the Go[®] SunButter[®] pouches and cups are the perfect portions for snacking on the go – just right for traveling, sending with kids to school or an afternoon snack!

ENJOY YOUR FAVORITE VARIETY AVAILABLE IN CREAMY, NATURAL, NO SUGAR ADDED, ORGANIC OR CHOCOLATE, IN AN EASY-TO-CARRY SINGLE SERVING.



SunButter[®] has more vitamins and nutrients than most nut butters. We're looking right at you almond, cashew and peanut butter.



WE LIKE TO CALL IT CHOCOLATE SUNSHINE.

Our new Chocolate SunButter[®] has all the sweetness without all the guilt. It's a deliciously creamy blend of rich cocoa and savory sunflower butter that is **sweetly satisfying and highly nutritious.**











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- JUST 4g OF SUGAR 80% LESS THAN THE LEADING CHOCOLATE SPREAD
- 6g OF PLANT-BASED PROTEIN
- VEGAN-FRIENDLY
- DAIRY-, GLUTEN- AND PALM-OIL-FREE

So whatever you decide to call your Chocolate SunButter[®], you'd better call what's left if you want any for yourself.















SMILE AND SAY "SUNBUTTER"!"

You and your family will be the picture of good health with SunButter[®] in your daily food routine.

Packed with vitamins, minerals and healthy fats and carbs, SunButter® satisfies health-conscious individuals, too. Organic and No Sugar Added varieties are Keto- and Paleo-approved.

HEALTHY FATS

SunButter[®] has the good kind of fat. Y'know, the kind that actually silences cravings, burns flab and reduces bad cholesterol. No trans fat in here!

VEGAN

Yes and Yaass! We're seriously serious about your dietary restrictions – seriously. No animal products, byproduct, milk or eggs. Full stop.

FRESH roasted FLAVOR

plant-based = PROTEIN

ECO-BESTIES



We pride ourselves on making SunButter[®] as sustainable as possible. It starts with the sunflowers, which are super ecofriendly. They use waaay less water than almonds, which need approximately 400 gallons of irrigation per 1lb jar. We package SunButter[®] in BPA-free, #1 recyclable PETE plastic jars, which require less energy and fuel to produce, transport and recycle than glass jars. Plus, our shells get recycled as bedding for turkeys!

SUNFLOWERS ARE DEEP-ROOTED.

Sunflowers have a reputation for being drought tolerant because they can withstand many weeks without water.

Sunflowers vs Almonds

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SMOOTH Creamy

SUNFLOWERS NEED LITTLE TO NO IRRIGATION C ×400+ ALM 400-OF V DEP

ALMONDS NEED 400+ GALLONS OF WATER PER 1LB. JAR

BECOME A SUNSHINE AMBASSADOR!

Being a SunButter[®] social media influencer comes with a whole lot of goodness:



SunButter[®] product and swag (obviously).

We reshare your content to our audience of tens of thousands with full credit to you.

We publish your recipes that incorporate SunButter[®] on our website with full credit to you.

Creative freedom when making recipes and choosing which varieties of SunButter[®] to use.

Potential to represent SunButter[®] at trade shows or other events across the country, with select expenses paid.

We've created a whole visual brand of bright colors, playful characters, whimsical copy and dynamic photography to bring to life a world where the friendly, delicious, good-for-you goodness of the sun and sunflowers are spread not just on toast, sandwiches and grain bowls, but also throughout your social feed and evening news.



To be a SunButter[®] influencer, simply reaching out to our team at influencers@sunbutter.com or direct message us through one of our social accounts. We're on Facebook, Instagram, Pinterest, Twitter, LinkedIn, YouTube and TikTok.

CONTACT US!

@SunButter f 🖸 🞯 💙 🖬 🖸 🕑

APPLE NACHOS

Quick and convenient apple nachos made with cinnamon, dried fruit, dark chocolate, granola and a squeezable SunButter[®] pouch. Perfect for a speedy snack! Recipe by @flora_and_vino

NO-BAKE SUNBUTTER® COOKIE

The easiest, yummiest oatmeal chocolate SunButter® cookies you don't need to bake. Recipe by @feastingonfruit

S'MORES MILKSHAKE

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This creamy s'mores milkshake is filled with toasted marshmallows, graham crackers and a dollop of chocolate SunButter[®]. Recipe by @food.duchess

CHOCOLATE BANANA SMOOTHIE BOWL

Sometimes basic is best, and this banana smoothie bowl won't disappoint! Recipe by @sunkissedkitch

NO-BAKE SUNBUTTER® COOKIE

INGREDIENTS

- 1/4 cup (50g) coconut oil
- 2 TBSP (30g) almond milk
- 1/2 cup (125g) Crunchy SunButter®
- 1/2 cup (105g) maple syrup
- 1 tsp vanilla extract
- 1¼ cup (100g) rolled oats
- 1/3 cup (60g) chocolate chunks or chips

INSTRUCTIONS

- 1. In a saucepan combine coconut oil, almond milk, SunButter[®], maple syrup and vanilla.
- 2. Bring to a boil, boil for 2 minutes stirring constantly.
- 3. Remove from heat and immediately stir in the oats.
- 4. Scoop cookies onto a lined baking sheet. Top each with a few chocolate chunks.
- 5. Refrigerate at least 1 hour until firm and enjoy!

CHOCOLATE BANANA SMOOTHIE BOWL

INGREDIENTS

- 1 banana quartered and frozen
- 1 TBSP cocoa powder
- 2 TBSP Chocolate SunButter®
- 1/4 cup coconut milk

INSTRUCTIONS

- Add the ingredients for your chosen smoothie bowl into a food processor bowl or a high-speed blender with a tamper stick. You will need to add a bit more liquid if you use a blender.
- Be patient open the lid and press the frozen fruit down into the blades a few times. This will take about 5 minutes to process. If needed, add 1/4 cup of almond milk or milk of choice to get it start coming together.
- 3. Pour the thick smoothie into a bowl and add toppings as desired.

SUNBUTTER® APPLE NACHOS

INGREDIENTS

- 1 apple, sliced
- 1/4 tsp ground cinnamon
- 1 SunButter[®] On the Go[®] Pouch
- 1 TBSP raisins or dried cranberries
- 1 TBSP granola
- Sprinkle of dark chocolate chips (optional)

INSTRUCTIONS

- 1. Slice the apple into wedges and transfer them onto a plate.
- 2. Sprinkle the apple slices with cinnamon.
- 3. Squeeze the SunButter[®] packet over the apple slices to make a drizzle pattern.
- 4. Top the slices with raisins, dried cranberries and a spoonful of granola.

S'MORES MILKSHAKE Servings: 2 milkshakes

INGREDIENTS

- 9 regular sized marshmallows
- 2 graham cracker sheets
- 2-5 TBSP whole milk, to desired thickness
- 2 tsp Chocolate SunButter®
- 3 large scoops of chocolate ice cream
- 1 large scoop of vanilla ice cream

INSTRUCTIONS

- 1. Place the marshmallows on one or two wooden skewers. Using a kitchen torch, carefully torch the marshmallows until lightly charred.
- 2. Place the toasted marshmallows, graham crackers, milk, chocolate SunButter[®], chocolate ice cream and vanilla ice cream into a blender. Blend until smooth.
- Pour the milkshake, over a sieve to remove any lumps, into well-chilled glasses and serve. If desired, garnish with more marshmallows and graham crackers.





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Recipe by @the.fit.peach



