



Simple | Healthy | Delicious

Sunbutter Cups with Dark Chocolate & Hemp Seeds – Vegan & Gluten Free

INGREDIENTS

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|---|
| 1 cup sunflower seed butter (chunky) |
| ¼ cup coconut oil |
| 1 ½ tbsp. maple syrup |
| ¼ tsp sea salt |
| ¼ cup dark chocolate chips |
| 2 tbsp Nature's Earthly Choice hemp seeds |



DIRECTIONS:

1. Mix sunflower seed butter, maple syrup, coconut oil, and salt together in a bowl.
2. Pour mixture into a lined muffin tin
3. Sprinkle chocolate chips and hemp seeds over top and pop into the freezer for about 30 minutes to set.
4. Store in the freezer in a sealed container.