

The image features three sandwiches on a dark, textured surface. The sandwiches are made with crusty, light-colored bread and are filled with various fresh vegetables, including sliced cucumbers, tomatoes, and green onions. A small dollop of dark sauce is visible on the surface to the right. The SunButter logo, which consists of a stylized sunflower with the brand name in a white, rounded font, is centered over the sandwiches. The text "WORRY-FREE CULINARY" is arched above the logo, and "PLAYBOOK" is arched below it, both in a bold, yellow, sans-serif font.

**WORRY-FREE CULINARY**  
**SunButter**  
**PLAYBOOK**

**C&U** Plant-based recipes & inspiration for allergy-friendly menus

# TOP WAYS CAMPUSES ARE GOING WORRY-FREE

Savvy foodservice directors are anticipating the future of C&U by finding ways to:

## Keep students safe with inclusive menus.

There's a growing need to train culinary teams to identify and handle common food allergens. That's an extensive investment, but there's a simpler approach. SunButter offers a fast-track to worry-free menus everyone can enjoy, free of the top 9 food allergens.

## Build engagement around sustainability.

Gen Z and future generations are calling loud and clear for sustainable practices. Involve students in your foodservice program by talking with them about better ingredient choices like SunButter – made in the USA from sustainable sunflower seeds, harvested from naturally drought-resistant sunflower plants.



## Help students eat anywhere.

Menu flexibility across campus is IN, so ingredient versatility is a MUST. In this playbook you'll find recipes that can be served in the cafeteria line or easily portioned for grab & go and campus retail.

## Embrace new tastes.

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



**SUNBUTTER®  
RED CURRY  
COCONUT  
CREAM SOUP**

Flavorful Thai-inspired soup loaded with chicken, veggies, cilantro, lime, and basil.



**SUNBUTTER®  
PARFAIT**

Layers of Greek yogurt, granola, and Creamy SunButter, topped with fresh fruit – perfect for grab & go!

**4**

**NEXT-LEVEL  
MENU IDEAS**

Keep reading & visit  
[SunButterFoodservice.com](http://SunButterFoodservice.com)  
for more recipes!



**SUNBUTTER®  
GREEN GODDESS  
SALAD**

A superfood vegan salad made with kale (any lettuce, kale, or spinach variety will work!), mixed with loads of bright veggies and topped with an herb-packed SunButter dressing.



**SUNBUTTER®  
TOASTIES**

Savory grilled cheeses with layers of SunButter. Grill on Texas toast, sourdough, or other thick bread that will char up with a buttery crunch. Add jams, dips, pickles, and anything you might dream up!

# 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       |

## 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  |

Per serving  
**\$2.15**

Total cost:  
**\$51.56**

## 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**

## 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 |

## 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.

# 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 |

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**

## 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 |

## 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.
5. 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.

# 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            | \$0.20           | \$2.40     |
| Coconut        | 3 cups             | 0.32             | 0.96       |
| Flour          | 2 cups             | 0.06             | 0.12       |
| Brown sugar    | 3 cups             | 0.24             | 0.72       |
| Salt           | 2 tsp              | 0.01             | 0.02       |
| Raisins        | 6 cups             | 0.84             | 5.04       |
| Cinnamon       | 1 1/2 tsp          | 0.02             | 0.03       |
| Vanilla        | 2 Tbsp             | 0.09             | 0.18       |
| Butter, melted | 2 1/4 cups         | 1.80             | 4.06       |
| Honey          | 1 cup              | 2.30             | 2.30       |
| SunButter      | 2 cups             | 3.12             | 6.24       |

Per serving  
**\$0.61**

Total cost:  
**\$21.07**

## 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. 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.

# 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 |
|---------------------|--------------------|------------------|------------|
| Flour, bread        | 4 cups             | \$0.07           | \$0.28     |
| Flour, all-purpose  | 3 cups             | 0.06             | 0.18       |
| Corn starch         | 1/2 cup            | 0.36             | 0.18       |
| Sugar               | 2/3 cup            | 0.30             | 0.20       |
| Baking powder       | 4 Tbsp             | 0.06             | 0.24       |
| Salt                | 2 tsp              | 0.01             | 0.01       |
| Butter              | 1 1/2 cup + 2 Tbsp | 1.80             | 2.93       |
| Milk                | 1 3/4 cup          | 0.36             | 0.64       |
| Egg, whole          | 2 each             | 0.10             | 0.20       |
| Egg, yolk           | 2 each             | 0.10             | 0.20       |
| SunButter           | 1 cup              | 3.12             | 3.12       |
| Chocolate chunks    | 2 cups             | 1.35             | 2.70       |
| <b>Glaze</b>        |                    |                  |            |
| Confectioners sugar | 2 cups             | 0.53             | 1.06       |
| SunButter           | 1 Tbsp             | 0.19             | 0.19       |
| Milk                | 4 tsp              | 0.36             | 1.44       |

## 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 |

Per serving  
**\$0.42**

Total cost:  
**\$13.45**

## 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.

# 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.



24 SERVINGS

| Ingredients        | Amount and measure | Cost per measure | Total cost |
|--------------------|--------------------|------------------|------------|
| Sugar              | 1 cup              | \$0.30           | \$0.30     |
| Corn syrup         | 1 cup              | 0.88             | 0.88       |
| SunButter          | 1 cup              | 3.12             | 3.12       |
| Crispy rice cereal | 6 cups             | 0.36             | 2.16       |
| Chocolate chips    | 1 cup              | 1.34             | 1.34       |
| Butterscotch chips | 1 cup              | 1.34             | 1.34       |

Per serving  
**\$0.38**

Total cost:  
**\$9.14**

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

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