

Not-tella

The Ingredient List

½ cup sunflower seeds

1 ½ cup Pepitas (Pumpkin seeds)

½ cup Cocoa powder (The chocolate part!)

½ cup Maple syrup or honey (For sweetness)

1 teaspoon Vanilla extract

A pinch of Salt

¼ cup to ½ cup Coconut oil or vegetable oil (Add slowly to make it smooth)

Equipment

Food processor

Measuring cups and spoons

Spatula

A jar for the finished spread

What To Do

1. The Toasting

The Task: Place the pepitas and sunflower seeds in a dry frying pan over medium heat.

The Goal: Shake the pan gently for 2–3 minutes until the seeds smell nutty and look slightly golden.

2. The Great Grinding

The Task: Put the toasted pepitas and the sunflowers into the food processor.

The Goal: Turn the processor on and watch! First, it will look like sand, then a paste. Keep going until it looks like thick butter. You might need to stop and scrape the sides down with a spatula.

3. Making it Chocolatey

The Task: Add the cocoa powder, maple syrup (or honey), vanilla, and salt.

The Goal: Pulse the blender until the colour is a dark, rich chocolate brown.

4. The "Smooth" Finish

The Task: While the processor is running, slowly pour in your oil one tablespoon at a time.

The Goal: Stop when the spread looks glossy and smooth.

The Taste Test: Dip a clean spoon in! Is it sweet enough? Does it need another tiny pinch of salt?