Sunflower Sour Cream

About the Recipe

39 Calories · 1 g Protein · 1 g Fiber
Sauce/Dressing/Topping

Ingredients

Makes 24 Servings

- 1 cup (4 1/2 ounces/128 grams) raw unsalted sunflower seeds
- 1 1/4 cups (10 ounces) water
- 2 tablespoons maple syrup
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice, or juice of 1/2 lemon
- 3/4 teaspoon sea salt

Directions

1. Add everything to a blender and blend until smooth and creamy.

Nutrition Facts

Per serving:
Calories: 39
Fat: 3 g
    Saturated Fat: 0 g
    % Calories From Fat: 65%
Cholesterol: 0 mg
Protein: 1 g
Carbohydrate: 2 g
Sugar: 1 g
Fiber: 1 g

Sodium: 74 mg
Calcium: 7 mg
Iron: 0 mg
Vitamin C: 0 mg
Beta-Carotene: 2 mcg
Vitamin E: 2 mg