

SUNFLOWER SEED COOKBOOK

ethical, delicious and easy



PAMELA FERGUSSON RD PHD

5 TOP REASONS TO USE SUNFLOWER SEEDS

Here are the top five reasons you should try raw sunflower seeds instead of raw cashews in your vegan recipes:

1. Cashews have a toxic substance inside their shells. Women in India are burning their hands on while shelling cashews. This substance naturally occurs in cashew shells and is similar to poison ivy.
2. Cashews are expensive. I have found sunflower seeds to be about 1/4 the price. You can fill a big mason jar with sunflower seeds for \$5!
3. Sunflower seeds are a great alternative for people who are allergic to cashews. Sunflower seeds are a school friendly option for kids lunches!
4. Cashews are a thirsty crop! Although a plantbased diet has a lower water footprint over all than a diet that includes animal products, cashews are one of the plants that uses more water than most plants. Sunflowers use a lot less water than cashews. Plus, sunflower seeds don't need to be imported to North America or Europe.
5. Cashews are a sweet nut. That sweetness comes through in recipes. I find, particularly for savoury recipes that sunflower seeds provide better flavour, although the difference is small and many people won't notice it.

RAW CASHEWS

100 G

\$2.88

18 G PROTEIN

3 G FIBRE

1415 L WATER FOOTPRINT

RAW SUNFLOWER SEEDS

100 G

\$0.68

21 G PROTEIN

9 G FIBRE

369 L WATER FOOTPRINT



Sunflower seed tips

**Buy unsalted,
raw sunflower
seeds**

**Soaking
methods**

**SOAK OVERNIGHT OR
HOT SOAK FOR 15 MINS IN FRESH
BOILED WATER**





VEGAN MAC AND CHEEZE

INGREDIENTS

- 1 Sweet potato or Irish potato peeled and chopped
- 1/2 cup raw sunflower seeds
- 1 carrot
- 1 onion
- 1-2 clove garlic
- 1 tsp salt
- 1/4 tsp mustard
- 1/2 tsp apple cider vinegar
- 1/2 cup nutritional yeast
- 4 serving pasta

PREP TIME: 5 MINS

COOK TIME: 20 MINS

TOTAL TIME: 25 MINS

INSTRUCTIONS

Boil potatoes, sunflower seeds, carrots and onion in enough water to cover the veg for about 10 minutes until they are soft.

Cook pasta in a separate pot

Blend sweet potato, raw cashew, carrot, onion and garlic on high with boiling water

Add salt, mustard, apple cider vinegar and nutrition yeast. Blend again.

Pour sauce over cooked pasta, and stir to combine. Sauce will thicken a little as it cools.

Enjoy!!

Serves 4



VEGAN MOZZERELLA

INGREDIENTS

- 1.5tsp psyllium husk + 6 tbsp water
- 35g raw unsalted sunflower seeds (soaked overnight or in boiled water for 15 mins)
- 2 tsp apple cider vinegar
- 1 tsp agave syrup
- 3 tbsp nutritional yeast flakes
- 3 tbsp tapioca starch
- 1.5 tsp salt
- 1 tbsp coconut oil (melted)
- 2 tbsp olive oil
- 1.5 cups water

PREP TIME: 15 MINS

COOK TIME: 10 MINS

TOTAL TIME: 25 MINS

INSTRUCTIONS

Mix psyllium and 2 tbsp of water and set on counter to gel.

Drain and rinse sunflower seeds.

Add all ingredients (including the psyllium and sunflower seeds) to a high powered blender and mix on high for 1 min.

Pour into a pan over medium low heat and stir frequently with a rubber spatula until thickened (about 5 mins)

Spoon onto toast and brown under the grill/broiler. Use to top pizza! Bruschetta!

Mangia!

Serves 4



SUNFLOWER SEED MUSHROOM ALFREDO

INGREDIENTS

- 2.5 cups veggie stock
- 1/4 cup raw sunflower seeds
- 1 small potato, peeled and chopped
- 1/2 rough chopped onion
- 2 cloves garlic rough chopped
- 1/2 tsp garlic powder
- 2 tbsp olive oil separated
- salt and pepper to taste
- 1 cup chopped mushrooms

PREP TIME: 5 MINS
COOK TIME: 20 MINS
TOTAL TIME: 25 MINS

INSTRUCTIONS

Saute the chopped onion and garlic in 1 tbsp of the oil til softened

Add in the veggie stock, sunflower seeds, potato and garlic powder

Simmer the ingredients for the sauce until the potatoes are tender. Then blitz in the blender for 2 mins til well blended.

Add salt and pepper to taste. The sauce will thicken slightly as it cools.

Saute the mushrooms in 1 tbsp olive oil. Add a touch of salt and pepper if desired.

Pour mushrooms and sauce over pasta

Serves 4



VEGAN BUTTER CHICKPEAS

INGREDIENTS

- 1 tbsp oil
- 1 onion rough chopped
- 2 cloves garlic rough chopped
- 1 heaped tbsp curry powder
- 1 tsp each ground ginger, cumin and turmeric
- 3 cups veggie broth
- 1 tsp hot sauce (optional/to taste)
- 1/2 cup raw sunflower seeds
- 1 small can tomato paste
- 1 tsbp sugar (optional. any sugar or agave will work)
- Pinch salt and black pepper
- 1 can chickpeas
- 3 handfuls spinach

PREP TIME: 10 MINS
COOK TIME: 15 MINS
TOTAL TIME: 25 MINS

INSTRUCTIONS

Saute garlic and onion in a pot over medium heat in the oil. Add the spices and hot sauce to warm through. Cook for 2 mins, stirring frequently.

Add the other ingredients except the tomato paste, spinach and chickpeas and bring to a boil, then reduce to a simmer. Simmer for 10 mins until sunflower seeds are soft.

Add the tomato paste and cook for another 2 mins, stirring to combine.

Cool slightly then pour into a high-powered blender and blend on high for 2 mins.

Return the sauce to the pot and add in the drained can of chickpeas

Simmer for 5 mins until chickpeas are hot and tender. Stir in spinach to just wilt.

Serve with rice or naan

Serves 4



VEGAN SOUR CREAM

INGREDIENTS

- 1 cup raw sunflower seeds

(soaked overnight or soaked in boiled water for 15 mins then rinsed)

- 1/2 cup water
- 1 tbsp lemon juice
- 2 tsp apple cider vinegar
- 1/2 tsp salt

PREP TIME: 10 MINS
COOK TIME: 15 MINS
TOTAL TIME: 25 MINS

INSTRUCTIONS

Toss it all in a high powered blender and blend for 2 mins on high until well-blended. You might need to scrape down the sides with a spatula.

Test before removing from the blender to make sure it is smooth and creamy.

Add more salt to taste if necessary.

Serve!! Wonderful on baked potatoes, borscht, tacos, enchiladas or nachos!!

Serves 4



CAESAR SALAD DRESSING

INGREDIENTS

- 1/2 cup raw sunflower seeds (soaked overnight or hot soaked in boiled water for 15 mins)
- 1/4 cup water
- 2 tbsp olive oil
- 2 tsp hot mustard (or Dijon)
- 1 tsp garlic powder
- 1-2 garlic cloves
- 2 tsp capers plus 2 tsp caper brine (can sub chopped dill pickles if that all you've got)
- 2 tbsp lemon juice
- Salt and pepper

PREP TIME: 15 MINS
COOK TIME: 5 MINS
TOTAL TIME: 20 MINS

INSTRUCTIONS

Place all the ingredients in your high powered blender and whiz on high for one minute. This dressing is seriously thick, creamy, tangy and delicious.

Prepare a bed of romaine lettuce topped with crispy chickpeas sauteed in a pan with olive oil, lemon juice, olive oil, salt and garlic powder. Sprinkle with sunflower seeds and a generous dose of nutritional yeast. Add some vegan chicken for extra protein, flavour and texture.

Top it all off with your creamy , vegan Caesar dressing, This dressing also goes great in a wrap or pita.

Serves 4



VEGAN RASPBERRY CHEESECAKES

INGREDIENTS

Crust

- 1 cup cookie crumbs (vegan arrowroot, ginger snaps, chocolate wafer or graham wafers all work)
- 3 tbsp melted vegan butter

Cheesecake

- 1 1/2 cups raw sunflower seeds (soaked overnight and well rinsed)
- 1/4 cup lemon juice
- 2 tsp Apple cider vinegar
- 1/2 tsp vanilla
- 1/4 cup berries (fresh or frozen)
- 1/3 cup coconut oil (melted)
- 2/3 cup full-fat coconut cream (refrigerate your can of coconut milk then spoon out the cream)
- 1/2 cup white sugar

PREP TIME: OVERNIGHT
COOK TIME: 30 MINS
SET TIME: 4 HOURS

INSTRUCTIONS

The night before you want to make these cheesecakes, soak the sunflower seeds and place your can of coconut milk in the fridge.

Preheat your oven to 350F. Mix your cookie crumbs with your melted vegan butter. Place a strip of baking paper on the bottom of each muffin cup.

Press approximately 1.5 tbsp of the crumb mix into each muffin cup.

Bake for 5 mins and then remove from oven to cool.

Place all other ingredients in a high powered blender. Blend until very well mixed and smooth. You may need to scrape down the sides with a spatula and use a tamper. If the mixture is too thick to blend, add a touch more liquid (coconut milk or lemon juice).

Spoon the cheesecake mixture into your muffin cups, on top of the crumb crust. Tap the muffin tin down on the counter a few times to remove any bubbles in the mixture.

Place in the freezer for 4 hours minimum to set. You can serve frozen, or transfer them in the fridge for a softer, creamier texture. After setting, these mini cheesecakes retain their integrity well even at room temperature.

You can pull on the strip of baking paper to remove the cheesecakes, and you may need to loosen them slightly with a knife. Silicon muffin cups work well.

These cheesecakes are pretty and fun. Perfect party food.



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Pamela is a Registered Dietitian with a PhD in nutrition. She is in private practice in British Columbia, Canada where she consults with clients from across North America.

Pamela has worked in nutrition research and taught nutrition at Universities in Canada and the UK. She is committed to sharing her knowledge and experience about how to eat a more ethical, more environmentally friendly, and healthier diet.

Developing sunflower seed recipes is a passion of hers!

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