

SUNBUTTER SWAPS

60+ ways to use SunButter[®] in
The Allergy-Free Cook series

Plus tips and tricks for baking with
SunButter and an exclusive deal for
SunButter fans!



ABOUT THE SERIES

Free of gluten, dairy, egg, and soy.

No nut flours are used, and all recipes are easily adapted to be peanut and nut-free with a few simple tweaks (found in this booklet!) They're also free of nightshades and legumes.

Each features 50+ pages of baking know-how, how to re-create your own recipes, make substitutions, and ensure everything tastes "just like the real thing."

The Allergy-Free Cook Bakes Bread

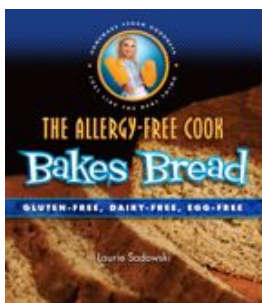
Quick breads and yeast breads, both sweet and savory
Over 80 recipes from sandwich bread to cinnamon rolls

The Allergy-Free Cook Bakes Cakes and Cookies

Cakes, cookies, cupcakes, bars, biscotti
Over 75 recipes from birthday cake to fudgy brownies

The Allergy-Free Cook Makes Pies and Desserts

Pies, tarts, trifles, cobblers, crisps, ice cream, and more
Over 80 recipes from cheesecake to deep-dish cookies



T AFC BAKES BREAD

SunButter Swaps

Substitute SunButter 1:1 and bake as directed.
These variations use my top SunButter variety picks.

PB & J Muffins [p.40]

Use SunButter Organic or No Sugar Added for the peanut butter.

Buckwheat & Almond Butter Muffins [p.41]:

Use SunButter Natural for the almond butter.

Raspberry Tahini Scones [p.43]:

Use SunButter Organic or No Sugar Added for the tahini.

Sticky Almond Breakfast Biscuits [p.48]:

Use SunButter Natural for the almond butter and sunflower seeds for the almonds.

Double Chocolate Hazelnut Yeast Bread [p.80]

Use SunButter Natural for the hazelnut butter.

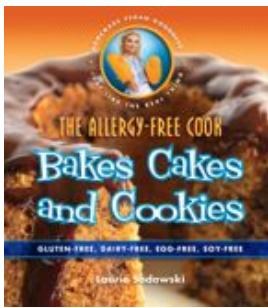
USING IN TAFC BAKES BREAD

Simple Nutty Substitutions

- ★ Omit the pecans from the Gooley Maple Pumpkin Biscuits [p.47] and add $\frac{1}{3}$ cup extra raisins.
- ★ Use $\frac{1}{2}$ cup sunflower seeds in place of the pecans in the Fruit and Nut Crisps [p.60] .
- ★ Use chocolate chips and/or sunflower seeds for the nuts and a mild oil for the nut oil in the Banana-Nut Monkey Bread [p.82].
- ★ Use ground sunflower seeds for the almond meal, and omit the pecans in the Holiday Breakfast Buns [p.84].
- ★ Use sunflower seeds for the nuts in Date and Nut Focaccia [p.95].
- ★ For recipes that call for ground almonds, use ground sunflower seeds instead.

Other SunButter-y Suggestions

- ★ SunButter and jam is a classic combo--try it on toasted English Muffins [p.105], New York-Style Bagels [p.106], every sandwich-style yeast bread, and spread into Cinnamon Buns [p.88] filling.
 - ★ In a microwave-safe bowl, heat $\frac{1}{4}$ cup nondairy chocolate chips and $\frac{1}{4}$ cup SunButter Natural in 30 second intervals, stirring between each one. Use as a dippable SunButter ganache for the Deep-Fried Yeast Doughnuts [p.92] or as an everyday spread.
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T AFC BAKES CAKES & COOKIES

SunButter Swaps

Substitute SunButter 1:1 and bake as directed.

These variations use my top SunButter variety picks.

Chocolate Peanut Butter Explosion [p.34]: Use SunButter Organic or No Sugar Added in the cake, frosting, filling.

Greek Tahiniopita Cake [p.55]: Use SunButter Organic or No Sugar Added for the tahini.

Double Cashew Butter Cupcakes [p.62]: Use SunButter Natural for the cashew butter.

Chocolate Almond Butter Surprises Cookies [p.84]: Use SunButter Natural for the almond butter.

Chocolate Chunk Tahini Cookies [p.88] Use SunButter Organic or No Sugar Added for the tahini.

Really Good Peanut Butter Cookies [p.97]: Use SunButter Natural for the peanut butter.

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CAKES & COOKIES (CONTINUED)

Chocolate-Hazelnut Raspberry Thumbprints [p.98]: Use SunButter Natural for the hazelnut butter.

Triple Almond Squares [p.114]: Use SunButter Natural for the almond butter, and sunflower seeds for the almonds in the topping.

Peanut Butter & Jam Blondies [p.116]: Use SunButter Organic or No Sugar Added for the peanut butter.

Rich & Fudgy Brownies [p.118]: Use SunButter Natural for the hazelnut butter.

Billionaire's Shortbread [p.122]: Use SunButter Natural for the cashew butter and do not use the water unless the mixture is very thick.

Nutty & Crunchy No-Bake Bars [p.130] Use SunButter Natural for the almond butter and sunflower seeds for the nuts, or additional add-ins to total the same amount in the recipe.

Cashew Butter-Date Biscotti [p.134] Use SunButter Natural for the cashew butter.



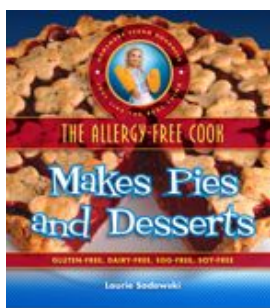
USING IN TAFC BAKES CAKES & COOKIES

Simple Nutty Substitutions

- ★ Omit the pecans from the Pumpkin Cake with Cranberry Topping and Pecan Streusel [p.40], and add 3 tablespoons additional sorghum flour.
- ★ Use coconut, sunflower seeds, or other add-ins for the pecans in the A-Little-Bit-of-Everything Cookies [p.94].
- ★ Use sunflower seeds or large-flaked coconut instead of pecans in the Chocolate-Raspberry-Pecan Blondies [p.117].
- ★ Use sunflower seeds for the nuts in the Canadian Nanaimo Bars [p.112].
- ★ Use sunflower seeds, coconut, or a combination of both instead of almonds in the No-Bake Brownies [p.119].
- ★ Use sunflower seeds or dried fruit in place of the almonds in the Chocolate-Almond Biscotti [p.131].
- ★ Use any seeds or add-ins in place of the hazelnuts in the Hazelnut Biscotti and omit the hazelnut extract [p.136].

Other SunButter-y Suggestions

- ★ Use the ganache on the previous page to use as a topping for any cake or cupcake.
 - ★ Substitute $\frac{1}{4}$ cup SunButter Natural for $\frac{1}{4}$ cup of the coconut oil in the topping for the Brownies Topped With Chocolate Chip Cookie Dough [p.120].
 - ★ Add $\frac{1}{4}$ cup SunButter Natural in the truffle filling for the Molten Mini Cakes with Raspberry Sauce [p.76].
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TAFC MAKES PIES & DESSERTS

SunButter Swaps

Substitute SunButter 1:1 and bake as directed.

These variations use my top SunButter variety picks.

Peanut Butter Blondie Pie with Cocoa Crust [p.46]: Use SunButter Natural for the peanut butter.

Chocolate-Hazelnut Truffle Pie [p.48]: Use SunButter Natural for the hazelnut butter.

Peanut Butter & Jam Tart [p.63]: Use SunButter Natural for the peanut butter.

Chocolate Caramel Pecan Tart [p.64]: Use SunButter Natural for the cashew butter, and sunflower seeds for the pecans (or omit them completely).

Stuffed Apple Dumplings with Cider Sauce [p.94] Use SunButter Natural for the almond butter.

Gingersnap Pumpkin Ice Box Cake [p.116]: Use SunButter Organic or No Sugar Added for the cashew butter.

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PIES & DESSERTS (CONTINUED)

Peanut Butter-Brownie Bite Ice cream [p.126]: Use SunButter Natural for the peanut butter.

Magical Caramel-Swirl Brownie Sundaes [p.136]: Use SunButter Natural for the hazelnut butter.

Frozen Cocoa-Banana Pie with Crispy Peanut Butter Crust [p.141] Use SunButter Natural for the peanut butter.

A Note on Ice Cream

Some of my ice cream recipes use macadamia butter -- it adds creaminess, richness, and scoopability to finished ice cream bases. SunButter (preferably Organic or No Sugar Added) can be used as a substitute, adding a slightly nutty taste, especially to delicate flavors like vanilla. It can also be omitted altogether, though the texture is slightly less creamy. The following flavors call for macadamia butter in the base recipe:

- **Very Vanilla Ice Cream** [p.122]
- **Grapefruit Ice Cream** [p.125]
- **Roasted Strawberry Ice Cream** [p.128]
- **Kahlua-Coffee Ice Cream** [p.138]



USING IN TAFC BAKES PIES & DESSERTS

Simple Nutty Substitutions

- ★ Omit the pecans from the Pumpkin Pie with Pecan Streusel [p.38], using a crumb topping instead.
- ★ Substitute Whipped Cream [p.24] for the Maple Cashew Cream in the Cranberry Pie [p.42].
- ★ The Strawberry Pie [p.44], Blueberry Cream Pie [p.52], Double Chocolate Cherry Cheesecake [p.56], and Lemon-Glazed Carrot Cake Tart [p.68] use nuts only in the crust. Substitute with sunflower seeds or use another crust instead.
- ★ Omit the pistachios from the Pistachio-Cherry Ganache Tart [p.65], and use more cherries, sunflower seeds, or cookie crumbs.
- ★ Omit the pecans and add ½ cup additional flour to the Maple-Apple Pecan Crisp [p.91] topping.
- ★ Use sunflower seeds for the pecans in the Lemon-Cranberry Trifle with Pecan Crumble [p.112].
- ★ Use sunflower seeds for the candied nuts in the Slow-Baked Winter Fruit Sundaes [p.134].
- ★ Use additional coconut in place of the macadamia nuts in the Frozen Pineapple Upside Down Cake [p.142].

Other SunButter-y Suggestions

- ★ Slather a layer of SunButter onto any pre-baked pie crust before adding the filling.
 - ★ Swirl SunButter into the Double Chocolate-Cherry Cheesecake [p.56] filling before refrigerating to set.
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BAKING WITH SUNBUTTER

With five varieties of SunButter, there are many ways to use it in your baked goods and desserts.



SunButter Natural

Because it includes sugar and salt, SunButter Natural works well as a replacement for almond or cashew butter, which are naturally sweet, or for sweetened natural peanut butter.

SunButter Creamy

Sweetened and designed not to separate, SunButter Creamy works best for recipes that call for regular peanut butter.

SunButter Organic or No Sugar Added

Just like Natural but without the added sweetness, SunButter Organic and No Sugar Added work best the same way Natural does, or for savory dishes.

SunButter Natural Crunch

Use SunButter Natural Crunch as you would Natural when you're looking for a little more, well, crunch!

BAKING WITH SUNBUTTER [CONTINUED]

What else can I substitute with it?

SunButter also works as an egg replacement in brownies and cookies, adding flavor and texture, along with a bit of density.. Use 2 tablespoons per egg (up to 2 eggs), adding a splash of nondairy milk if the mixture seems too dry.

I used SunButter and now my treats are green!

Neat, eh? The chlorophyll in sunflower seeds reacts with leavening agents like baking soda and baking powder. They'll taste the same, but might give a greenish hue! I add about ½ teaspoon lemon juice to the batter, which works well to negate the issue. You can also reduce the baking soda and baking powder to half the amount.

How can I use SunButter on *anything*?

The answer to this is usually ganache. Put equal amounts (by volume) of SunButter Natural or Creamy and nondairy chocolate chips in a microwave-safe bowl. Heat, stirring every 20 seconds, until smooth, careful not to overheat. Pour, dip, spread, eat directly with a spoon... everything goes!

If you're not a chocolate person, go for caramel. You can get the recipe from my latest recipe for SunButter here: <http://sunbutter.com/recipes/sunbutter-caramel-cookie-strawberry-pie/>

I want to make _____. How can I use SunButter?

Just ask! I love fielding baking questions. The best way to reach me is on Facebook. Post on my Page or send a message! <https://www.facebook.com/The-Allergy-Free-Cook-Laurie-Sadowski-230534487039917/>

EXCLUSIVE DEAL!

This booklet is designed to complement all three books in *The Allergy-Free Cook* series.

If you don't have them, now is the time!

Exclusive for SunButter fans, my publisher is offering the trio of books for a **huge discount plus free shipping!**

Get *The Allergy-Free Cook Bakes Bread*, *The Allergy-Free Cook Bakes Cakes and Cookies*, and *The Allergy-Free Cook Makes Pies and Desserts* **for just \$30 (includes shipping)** anywhere in the United States. (expires 07/30/2016)

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