



The sunflower is in the same family as the Jerusalem artichoke and was domesticated by the Indigenous peoples of the central United States thousands of years ago!¹

BENEFITS

Sunflower seeds and oil contain high-quality fats. Seeds are also a good source of protein and fiber.²

With approximately 300 hectares under cultivation in Quebec,³ sunflowers are attracting the interest of researchers, who are looking for varieties with high yields and properties that are in demand based on conditions in Quebec.⁴

Interesting fact: Canadian sunflower oil contains more linoleic acid than sunflower oil from the southern U.S., because our cooler climate is more conducive to the synthesis of this polyunsaturated fatty acid.⁵

GOOD TO KNOW

- Feel free to blend for as long as needed to ensure that the texture is as smooth as possible.
- Depending on the miso you are using, the salt content will vary. Salt to taste!
- Miso can be replaced by soy or tamari sauce, but make sure to adjust the amount of vegetarian drink!

FAUXMAGE SUNFLOWER SEED SPREAD



-30
MIN



🕒 10 MINUTES 📅 10 MINUTES

Servings: 4

INGREDIENTS

- 250 ml (1 cup) shelled, unroasted, unsalted sunflower seeds
- 125 ml (½ cup) unsweetened soy or oat drink
- 30 ml (2 tablespoons) nutritional yeast
- 30 ml (2 tablespoons) white miso
- 45 ml (1 tablespoon) apple cider vinegar
- 5 ml (1 teaspoon) garlic powder
- 5 ml (1 teaspoon) onion powder
- 6 green onions, chopped

PREPARATION

1. Place sunflower seeds in a small pot and cover with water. Bring to the boil. Boil for 10 minutes, then remove from heat.
2. Rinse and drain the sunflower seeds, then add them to a high-speed blender.
3. Add all remaining ingredients, except for the green onions.
4. Mix until smooth.
5. Place in a bowl and stir in green onions.
6. Can be used immediately, but is best after refrigeration.

Source: Amélie Parenteau, nutritionist for Équiterre

1. D.H. Putnam, D.H. et al. (1990). *Alternative Field Crop Manual: Sunflower*. Sunflower (purdue.edu)

2. <https://guide-alimentaire.canada.ca/fr/>

3. Grain du Québec. <https://grainsduquebec.ca/grains/tournesol/>

4. Wilkinson, J-A., Rivest-Auger, S. (2022). *Le Tournesol oléique, une culture alternative à découvrir: essais de variétés*. Presentation at Colloque Bio 2022.

5. Agriculture et Agri-Food Canada. (1980). *La production de graines de tournesol*. p. 7.

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-30 MIN



SUNFLOWER SEED CREAM



🕒 10 MINUTES 📅 10 MINUTES

Servings: 1 pot

INGREDIENTS

- 250 ml (1 cup) raw shelled sunflower seeds
- 1l (4 cups) water for cooking
- 250 ml (1 cup) fresh water
- 5 ml (1 tsp) lemon juice or cider vinegar
- 5 ml (1 tsp) maple syrup
- 1 ml (¼ tsp) salt

PREPARATION

1. Place sunflower seeds in a small pot and cover with water. Bring to a boil. Boil for 10 minutes, then remove from heat.
2. Using a fine strainer, drain the sunflower seeds and rinse well with water.
3. Transfer seeds to a food processor. Add 1 cup water, cider vinegar, maple syrup and salt. Process until smooth and creamy (depending on the power of the processor, you may need to scrape down the sides with a spatula, then let the processor run for several minutes).
4. Transfer to an airtight container.

Source: <https://cuisinez.telequebec.tv/articles/80/la-magie-d-une-delicieuse-creme-de-graines-de-tournesol>, adapted by Amélie Parenteau, nutritionist for Équiterre

GOOD TO KNOW

- Use raw, shelled, unsalted sunflower seeds. They usually have a pale gray appearance and are easily found in grocery stores, health food stores and bulk food stores.
- Sunflower seeds have a slightly bitter taste, which can be balanced with a little acidity, sweetness and saltiness. This basic recipe will be delicious in savoury dishes, as an alternative to 35% cream or yogurt.
- For a sweeter version, it's delicious as the base of a layered fruit and granola parfait, or as a topping on a pie or smoothie you can add 15 to 30 ml (1 to 2 tbsp) maple syrup and 5 ml (1 tsp) vanilla extract to the basic recipe.
- This cream will keep for 4-5 days in the refrigerator in an airtight container. Freezing is possible, but may affect texture.
- Goes great with whole grain pasta!

HOW IS IT USED IN THE KITCHEN?

- Sunflower seeds can be used in so many ways: in salads, muffins and even as a substitute for peanut or almond butter, or in place of pine nuts in pesto!
- Also, the petals are edible, which will really impress your guests when you use them in salads!

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