

# 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