

Alternative to peanut butter

In the United States, the Agricultural Research Service (ARS) and Red River Commodities Inc. have developed an alternative spread to peanut butter. Sunbutter contains sunflower seeds as its main ingredients and is ideal for those who are allergic to peanuts. Sunflower seeds are a good source of protein, fibre, vitamin E, zinc and iron. According to the American Academy of Allergy, Asthma and Immunology, nearly three million people in the country are allergic to peanuts and/or tree nuts; symptoms range from a mild case of hives to severe anaphylactic shock.

Sunbutter is different from the unpalatable sunflower spreads of the past. Researchers have uncovered a way to process them naturally so that they taste “nutbuttery” when they are blended with other ingredients. The end product looks just like peanut butter, but has a mild distinctive sunflower seed flavour. *Contact: Ms. Amy Spillman, USDA, the United States. Tel: +1 (301) 5041 624; E-mail: aspillman@ars.usda.gov. (Website: www.bakeryonline.com)*