



# Penīpimakat Kēsoq

Falling Leaves Moon/October

## Vocabulary!

Tahkīw

It's cool out

Anīpiahkanan  
penīpīmakaton

The leaves are turning color



Pesāēhtahekan asēwatakanan  
Sunflower seeds

Nepēw  
Water

Original art created by Dan Grignon

Photo by Jennifer K. Gauthier

*This project is supported by CDC's High Obesity  
Program (HOP 1809) cooperative agreement*



# SUNFLOWER BUTTER WITH MAPLE SYRUP

## INGREDIENTS

- 2 cups unsalted, dry roasted sunflower seeds
- 1/2 cup sunflower seed oil
- 2/3 cup warm water
- 1 tablespoon maple syrup
- 1/4 teaspoon salt

Recipe from Mino Wiisinidaa!

1. In a food processor, blend seeds until roughly chopped.
2. While running the food processor, drizzle in oil gradually and blend until smooth.
3. While continuing to blend, slowly add water, then syrup, and salt.
4. When combined, remove sunflower seed butter from the processor.
5. Store in an airtight container in the refrigerator.

Chef's note: Use in the same way you would use peanut butter.