



Healthdor

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## Sunflower Milk

Sunflower milk is a plant-based milk alternative made from sunflower seeds. It is a popular choice for vegans and those who are lactose intolerant. Sunflower milk is rich in nutrients and can be used in various recipes and beverages.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

200 g Sunflower Seeds

800 ml water

### Directions

## Step 1

Soak the sunflower seeds in water overnight.

**Prep Time:** 127 mins

**Cook Time:** 0 mins

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## Step 2

Drain and rinse the soaked sunflower seeds.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Blending

Add the soaked sunflower seeds and water to a blender.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Blending

Blend on high speed until smooth and creamy.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

### Straining

Strain the mixture through a nut milk bag or cheesecloth to remove any solids.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

### Refrigerating

Transfer the sunflower milk to a bottle or container and refrigerate.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 51 kcal

**Fat:** 5 g

**Protein:** 2 g

**Carbohydrates:** 2 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	1 g	2.63%	4%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	2 mg	0.09%	0.09%
Calcium	7 mg	0.7%	0.7%
Iron	1 mg	12.5%	5.56%
Potassium	69 mg	2.03%	2.65%
Zinc	1 mg	9.09%	12.5%
Selenium	3 mcg	5.45%	5.45%

## Recipe Attributes

### Seasonality

Summer

## Events

Barbecue

## Course

Breads

Sauces & Dressings

## Cultural

Chinese New Year

Diwali

## Demographics

Allergy Friendly

Diabetic Friendly

Heart Healthy

## Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Nutrient Timing Diet

The 80/10/10 Diet

The Gerson Therapy

The Scarsdale Diet

The Hallelujah Diet

## Meal Type

Snack

## Difficulty Level

Easy

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