



Homemade Almond Butter

INGREDIENTS

2 cups raw almonds (not soaked)
salt, cinnamon, vanilla, honey, maple syrup, etc. (optional)

DIRECTIONS

Preheat oven to 250F. Spread almonds on baking sheet and bake for 15 minutes. This helps to release the oils. Place the warmed almonds in a large food processor fitted with an "S" blade and process them until creamy. Stop occasionally to scrape down the sides. This process will take about 20 minutes. Halfway through you may want to stop and give your food processor a break. Once totally smooth and creamy, you can add any of the optional ingredients, but you'll have to process again until smooth as the texture changes quickly and easily. Transfer the almond butter to a glass jar and store it in the fridge. Makes 10 servings at 110 calories each.