

## Simple Almond Butter from Urban Sacred Garden



It is surprising how simple it is to make almond (and other nut) butter at home. The below recipe is for a small batch of almond butter, and you can always multiply the recipe as needed.

### **INGREDIENTS**

1 Cup Whole, Unsalted Almonds\*  
4-5 Tablespoons Local Honey  
2 Tablespoons Canola Oil\*\*  
Salt to taste (preferably sea salt)

### **DIRECTIONS**

1. Preheat oven to 300 degrees.
2. Spread almonds in single layer on a baking sheet and toast for 15 minutes to release flavor and aroma, toss occasionally throughout baking to ensure even toasting.
3. Let almonds cool for 5-10 minutes.
4. Put almonds in a food processor with honey and canola oil. Process to desired consistency, about 3-5 minutes. You likely won't get a super smooth consistency without a nut butter processor.
5. Add salt as needed for desired flavor. But don't get too carried away- with salt, less is more!
6. Add additional honey for sweetness. Add oil or warm water for thinning if desired.

\*Lightly salted and dry roasted almonds can be substituted. Add little to no salt in the processing.

\*\*Vegetable oil can also be substituted, I don't recommend olive oil for this particular recipe due to its distinct flavor.

Store Fresh Almond Butter in a sealed container in the refrigerator. Spread on whole grain crackers, apples (tart Granny Smith are my favorites), carrots or celery for a hearty, filling and healthy snack.