

# ALMOND BUTTER

A delicious alternative to the classic peanut butter. So easy to make! The food processor takes dry almonds to creamy deliciousness in just a few minutes.

*by Corporate Chef Kurt Kwiatkowski*

**Featured Food:** Almonds

**Yield:** 1 cup

## Ingredients

2 c. whole almonds, dry roasted, unsalted	1 t.
2 T. roasted pumpkin seeds	cinnamon
½ t. sea salt	2 t. honey

## Preparation

In a food processor blend the almonds and pumpkin seeds for 12-14 minutes. Stop after 2, 4, and 6 minutes to scrape down the sides of the bowl. The lengthy processing is the most important part of the recipe—the nuts and seeds need to blend long enough to allow the oils to release. This makes the final product nice and creamy.

Scrape the almond butter into a bowl. Add the salt, cinnamon, and honey and stir them in by hand. Store in tightly sealed container in the refrigerator. Stir well to incorporate the layer of separated oil before serving.

\*While you can buy nuts and seeds already roasted, it's easy to roast them yourself. Preheat the oven to 250°F. Spread the almonds and seeds on separate baking sheets and place in oven for 10 to 15 minutes; watch carefully so as not to burn. The nuts and seeds will dry out as they brown, making them crunchy once cooled. If not used within a few days, store in the freezer.