



Peanut Butter

5'
Hands on

400 g
Portion(s)

1
Difficulty



Ingredients

- 400 g salted peanuts
- 2 tablespoons peanut oil
- 1 teaspoon honey

Διατροφικός πίνακας

Nutrition information per 100 gr.

634 Calories (kcal)	50.0 Total Fat (g)	6.5 Saturated Fat (g)	18.0 Total Carbs (g)
32%	71%	33%	7%
7.0 Sugars (g)	25.0 Protein (g)	7.6 Fibre (g)	1.1 Sodium (g)
8%	50%	30%	18%

Method

- Add the peanuts and peanut oil to a food processor. If the peanuts are not salted, add 1-2 pinches of salt.
- Process for 3 minutes, stopping every minute to check the mixture. There should be no peanut pieces nor should it be a hard, crunchy paste. The longer you process, the smoother the mixture will become, because the peanuts release their oils as they break down and will help create the peanut butter.
- After 3 minutes, the mixture should be quite runny and warm from processing.
- Add the honey and beat for 5 seconds, just 3 turns or so. Our peanut butter is ready!!
- Serve on bread or toast and top with [strawberry jam](#).

Tip

If you want to make chocolate peanut butter, add pieces of chocolate to the food processor!!