



Good Living / Snack

Almond Butter

45 minutes

Hands on

250ml

Portion(s)

1

Difficulty



Ingredients

- 250 g almonds, raw
- 1/2 teaspoon(s) salt
- 80-100 g sunflower oil
- 1-2 tablespoon(s) maple syrup
- 1 tablespoon(s) cinnamon
- 1/2 teaspoon(s) cloves, ground
- 1/2 teaspoon(s) ginger, powder
- 1/4 teaspoon(s) nutmeg
- cookies, to serve

Διατροφικός πίνακας

Nutrition information per 100 gr.

694 Calories (kcal)	64.0 Total Fat (g)	6.2 Saturated Fat (g)	7.8 Total Carbs (g)
35%	91%	31%	3%
5.8 Sugars (g)	17.0 Protein (g)	8.7 Fibre (g)	0.68 Sodium (g)
6%	34%	35%	11%

Method

- Preheat oven to 180* C (350* F) Fan.
- Spread the almonds out in a baking pan and bake for 25 minutes.
- When ready, remove from oven and allow to cool for 1 minute.
- Transfer to a food processor while still hot and beat for 3-5 minutes, until they are finely ground.
- Stop beating to scrape sides down with a spatula and beat again for 1-2 minutes.
- Add the salt, sunflower oil and maple syrup.
- Beat again for 10 minutes, occasionally stopping the process to scrape down the sides of the bowl.
- The mixture will begin to become thinner. If the mixture still has the texture of fine powder, add 1 more tablespoon of sunflower oil.
- When the mixture starts to have a creamy, paste like texture, add the cinnamon, cloves, ginger and nutmeg.
- Beat to incorporate and serve over cookies.
- Store in a 250 ml jar for up to 10 days.