

Almond Butter

Step 1: Toast the Almonds. Amount to use will depend upon the quantity of almond butter desired.

Toasting the almonds brings out their flavor. It is not required, but will enhance the flavor of your almond butter. Preheat oven to 350 F. Spread the almonds evenly on a baking sheet and toast the almonds in the oven for about 8-10 minutes. Remove the almonds from the oven when they start to change color. Allow the almonds to cool to the touch.

Step 2: Grind the Almonds

Now that your almonds are toasted, it is time to grind them into butter. Start your food processor on high speed and slowly add the almonds through the food processor shoot. The mix will be dry and dusty, but continue processing the almonds until the oils release from the nuts and the almond butter becomes smooth and creamy, this can take up to 10 minutes. You will know the oils are beginning to release when the mixture starts to change from a dry, crumbly mixture to a smoother, creamier mixture. Use a spatula to scrape clumps off the sides of the food processor as necessary. Add salt, if desired, to taste. Scrape the almond butter out of the food processor with a spatula. Store uneaten almond butter in an airtight container and refrigerate.