

# How to Make Almond Butter



## Butter

Serving Size: 1 Tbsp  
Fat: 10.7  
Calories: 118.1  
Protein: 3.7  
Carbohydrates: 1.4



### Ingredients:

4 Cups Raw Almonds  
5 Tbsp Avocado Oil  
1 tsp salt (salt to your liking)

### Directions:

Place raw almonds on parchment lined baking sheet. Place in the oven for 10-14 minutes at 350°F. Let the almonds completely cool before adding them to your blender. Blend for 1 minute on high. Remove the lid and use a spatula to mix/push the almonds around. Put the blender back on high and add 3 Tbsp of avocado oil and one teaspoon of salt. If you like the consistency at this point, you don't need to add the extra avocado oil, however, we wanted ours extra creamy so we added two more tablespoons! That's it! Transfer to a jar or container and store in the refrigerator! Enjoy!