

Homemade Almond Butter



PREP TIME:
5 MINUTES

COOK TIME:
12-13 MINUTES

TOTAL TIME:
20 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: Many Servings

Ingredients:

- 4 Cups Unroasted, Unsalted Almonds
- 3-4 TBSP Coconut or Avocado Oil – Melted and Cooled
- **½ Teaspoon Himalayan Sea Salt**

Equipment:

- Vitamix or 64 oz. High-Capacity Blender/Food Processor
- Tamper for Vitamix (*comes with machine*)
- 16 – 20 oz. Mason Jars

Instructions:

1. Preheat oven to 350 degrees.
2. Line a baking pan with parchment paper. Pour the 4 cups of almonds on parchment paper, evenly distributed.
3. Roast for 12-13 minutes. Remove from oven and allow to completely cool (about 20-25 minutes).
4. Add all the almonds to Vitamix. Start with 2 TBSP of the liquid coconut oil.
5. Blend on the lowest speed while using the tamper device that comes with the Vitamix. Keep pushing the almonds down and allow to blend on the lowest setting (don't go higher) for about 1 minute. If more oil is needed, add 1 TBSP at a time. Continue blending another 30 seconds (give or take) until you reach the desired consistency.
6. Pour into mason jars and place lids on top. ***I filled 1 ½ 16 oz. mason jars.***
7. Can store in the refrigerator for several weeks.

***Try and use all organic ingredients if possible.**