



ALMOND BUTTER

DIRECTIONS

1. Heat the almonds in a pan or oven on low heat until the almonds are warm to help release the oils during blending. This is a critical first step for successful almond butter.*
2. Add them to the dry container of the Vitamix; a specially designed smaller container for making nut butter. It is still possible to make almond butter without this container but you might need to add an extra cup of almonds in the larger container.
3. Start the Vitamix on low speed for a few seconds to break up the almonds into smaller pieces, then on high for about 1 minute. Use the tamper to move them around. Stop and scrape down the sides with a spatula.
4. Turn the Vitamix to speed 3 for intervals of 30 seconds at a time while using the tamper to push the almonds down towards the blade. Stop as needed to scrape the almonds from the sides and bottom of the Vitamix, until the mixture turns into almond butter. This will take a few minutes.
5. Once all blended, increase speed to 8 for another 30 seconds until the almond butter becomes creamy.
6. Store in a glass jar in the pantry or refrigerator for two weeks. May also be frozen for longer storage.

**Note: It's better to work with small batches using 1 to 2 cups of almonds at a time. Any less and the tamper does not reach far enough down to really stir the mixture, and any more and only the bottom turns into butter, while the top stays coarser.*

Equipment:

Vitamix or similar blender, Vitamix dry container (optional), spatula

Makes: ½ cup almond butter

INGREDIENTS

- 1 cup almonds, heated

Unjunk Tip: Almond butter pairs well with many different vegetables. If you're not a fan of celery, try it with red, yellow or green bell peppers instead.