

CREAMY VANILLA & HONEY ALMOND BUTTER

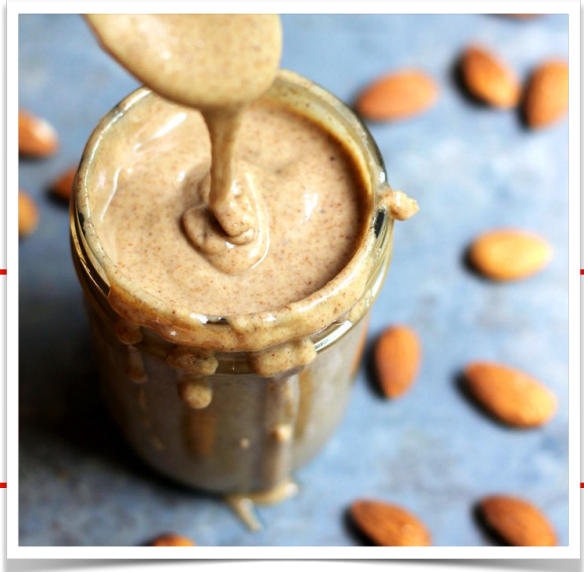
adapted from ambitiouskitchen.com

Yield: about 1 1/2 cups

Prep Time: 1 - 2 minutes

Cook & Processing Time: 10 - 20 minutes

Storage: refrigerate up to 2 months; freeze up to 4 months



Ingredients

2 cups unsalted, raw almonds

1 - 2 teaspoons honey

2 - 3 teaspoons vanilla extract

1/4 teaspoon sea salt, or to taste

Optional: a generous pinch of cinnamon powder

Optional: 1 tablespoon oil of choice (such as coconut oil) to help with blending if needed

Directions

1. Preheat oven to 350 deg F.
2. Spread almonds onto a parchment-lined baking sheet. Roast in the oven for about 10 minutes, or until nuts are fragrant and slightly browned. Be careful not to burn them or your nut butter will taste bitter.
3. Transfer roasted nuts to a food processor or high-speed blender, and process for about 10 minutes. (depends on the power of your processor or blender). Scrape down the sides as needed. Process until the almond butter is completely smooth and creamy - don't rush this step!
4. Once completely smooth, add the honey, vanilla, salt, and cinnamon (if using). Process for another minute. If the mixture gets clumpy, add the oil and process again.
5. Transfer your almond butter to an airtight container for storage. Enjoy!