

Peanut or any nut butter

Takes 15 minutes plus optional shelling, roasting, peeling and soaking time, fills 2 x 227g/8oz jars and uses a food processor

INGREDIENTS

500g nuts

1 teaspoon salt

1 tablespoon oil, any type is fine, I used coconut oil.

DIRECTIONS

Once you have completed some, all, or none of the optional steps, place your nuts in a food processor.

Pulse it a few times to break the nuts down to a rough texture, then run for a minute at a time, stopping to scrape the nut mixture down the sides of the bowl.

The whole process will take several minutes and depend on the speed, power and blade quality of your processor.

You can refer to the visual guide on the website to see the textures it goes through to achieve the final, super smooth nut butter. If you want crunchy nut butter, add a handful of roughly chopped nuts at the end and stir them through your smooth butter.

