

Fresh Almond Butter



TIPS:

1. Patience and cleaning: The hardest parts about making **fresh almond butter** are waiting for the almonds to grind into a buttery consistency, which takes about 10 minutes, and cleaning the food processor when you're done. Neither are hard at all, and every step is shown in the pictures that follow.

2. Added flavor: You'll see in this recipe that I've added an optional ingredient, **ground flaxseed**. The great thing about making your own almond nut butter - or nut butter made with any nuts - is that you can add whatever you like to make the flavor your own. **Added ingredients** can include a combination or your choice of favorite dried fruit(s), chocolate chips, a combination of nuts, your favorite grain cereal - imagination is your only limit.

Preparation Time: 10-20 minutes

Needed

(to make 2 pounds of almond butter)

2 Pounds Roasted Almonds (or any other favorite nuts - I'm using a combination of 1 pound unsalted roasted almonds and 1 pound 50% reduced salt roasted almonds)

Optional Added Ingredient(s) (Here, I'm using my favorite nut butter added ingredient, ground flaxseed, though I've certainly used all of the ingredients mentioned in **Note 2** above)

Food Processor with an “S”-Shaped Processor Knife Blade

Spatula

Large Spoon

Large Jar with Lid (to store freshly made almond butter in the refrigerator)

Scissors (if needed to open nut packages)



1. Put the “S”-shaped knife blade onto the spindle in the food processor bowl, and make sure both the bowl and blade are snugly seated in place.



2. Pour **2 pounds (32 ounces) of roasted almonds** (or any nuts) into the food processor bowl without adding any added optional ingredients. (As shown below, I'm using an even combination of 1 pound 50% reduced salt roast almonds and 1 pound unsalted roasted almonds).



3. Snap the food processor bowl top in place, and turn on the processor. (**Beware:** the noise will be loud for the first 20-30 seconds of processing - that's normal.)



4. Let the processor grind the **almonds** for a few minutes until the **ground almonds** start to stick to the side of the processor bowl as shown (if that even happens - sometimes it doesn't and there's no need to take the next step. In that case, just let the processor keep doing its work.) Then...



...turn off the processor, remove the top, and use a spatula to scrape the **ground almonds** (they will probably be sticky) off the side of the bowl.



Snap the bowl top back in place, turn the power on again, and keep processing until the **ground almonds** transform from a **thick paste/ground almond powder mixture** that looks like this...



...into **almond butter** with a creamy, buttery consistency that looks about like the photo below left and runs thickly from the tip of a spatula about as shown in the photo on the right.



Then, either skip to step 5 to store the **fresh almond butter** as is or add your choice of **optional ingredients**, and process them to desired crunchy or smooth

consistency about as shown below to the right.



5. Spoon the **freshly made almond butter** into a container making sure to clean the “S” knife blade carefully as shown in the photo on the right.



Seal the container snugly, and store it in the refrigerator. **Freshly made almond butter** should keep safely in the refrigerator for at least 1 month.



6. Cleaning tips: First, pour warm water and good shot of dish soap into the processor bowl in the sink.



Use a dish brush to clean the spatula and bowl top.



Use a dish brush to clean the outside of the “S” knife blade and a toothbrush (or very narrow bottlebrush) to clean the hard-to-reach inside of the blade assembly.



Finish by cleaning the bowl with a dish sponge and then letting all the cleaned processor pieces air dry dry in a dish rack.

