

Fresh Almond Butter with Dried Cranberries, Flaxseed and Toasted Coconut



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 10-20 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 **dried cranberries** for a slightly sweeter nut butter flavor, **ground flaxseed** for its high fiber and nutrient value, and **toasted coconut flakes** for added flavor and texture. The great thing about making your own almond - or any - nut butter 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, other nuts, your favorite grain cereal - imagination is always your only limit.

Preparation Time: 10-20 minutes

Needed

(to make 2 pounds of nut butter)

2 Pounds Roasted Almonds (I'm using a combination of 1 pound of unsalted roasted almonds and 1 pound of 50% reduced salt roasted almonds)

Dried Cranberries (can be substituted by any other dried fruit like raisins or dates)

Ground Flaxseed

Toasted Coconut Flakes

Food Processor with an "S"-Shaped Processor Knife Blade

Spatula

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** into the food processor bowl without adding any **added optional ingredients**. (I'm using an even combination of 1 pound of 50% reduced salt roast almonds and 1 pound of 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.)



4. Let the processor grind the **almonds** for 3-5 minutes until the **ground almonds** start to stick to the side of the processor bowl as shown below (if that even happens - sometimes it doesn't. 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 on, 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 slightly coarse consistency that looks about like this.



5. Add **a good shake of ground flaxseed** and **a handful (or more) of dried cranberries**.



6. Snap on the bowl top, and process until the **almond butter** has a consistency about as shown in the picture below to the left and sticks to a spatula about as shown in the picture below right.



7. Add about **a handful of toasted coconut flakes**, and process until the **almond butter** has creamy consistency about as shown in the picture below to the left and sticks to a spatula about as shown in the picture below right.



8. Use a spatula both to scrape **freshly made almond butter** from the “S” knife blade and then fill a container 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 one month.



9. **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.



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