

RECIPE CARD

Peanut Butter

Yield: 20

Prep time: 5 MINUTES

Cook time: 10 MINUTES

Total time: 15 MINUTES

Ingredients:

- 2 cups unsalted and roasted peanuts
- 2 tablespoons coconut oil, melted and cooled slightly
- 1-2 tablespoons honey
- Pinch sea salt

Preparation Instructions:

1. Put two cups of peanuts in a food processor or blender and blend on high for one minute.
2. Your peanut butter will look dry, it's okay. Scrape it down from the sides, and blend again for one minute on high.
3. Scrape it down from the sides and blend it one more time for a minute on high. You may have to stop at some point before the time is done to scrape more down near the blade.
4. Your peanut butter is almost there! Give it another whirl for a minute (so now we're at 3 minutes). At this point, you're close to the creaminess you love.
5. Scrape down the peanuts and add in the rest of your ingredients (melted coconut oil, honey, and salt). Blend for 3-4 minutes.
6. Transfer to a jar, cover, and place in the refrigerator. Peanut butter is good for several weeks, although it goes rather quickly