

# Homemade Almond Butter

Prep time: 30 min

Serves: 24

## INGREDIENTS

3 cups of almonds

Warm the almonds in a preheated oven (350 F) for 10 mins

Add the almonds in a food processor (or blender) and process until the mixture is creamy (may take about 25 mins)

Transfer the almond butter to a jar, and store in a fridge (can last up to a month)



## Nutrition Facts

Serving size per tablespoon

Amount Per Serving

**Calories 100**

% Daily Value\*

**Total Fat 8g** 10%

Saturated Fat 0g 0%

Trans Fat 0g

**Sodium 0mg** 0%

**Total Carbohydrate 3g** 1%

Dietary Fiber 2g 7%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein 3g** 6%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.