

## *Almond butter*

*Courtesy of various methods published freely on-line.*

500 grams whole organic almonds (optionally pre-roasted 30 minutes in a single layer in a roasting pan, at 300°F)

[] Process almonds in a food processor fitted with a steel blade, for approximately 10 minutes, or until a nut butter consistency is achieved.

[] Store almond butter in a closed glass jar at 40°F