

## *Pistachio Butter*

*If you are lucky you will know a farmer of organic pistachio nuts who gently roasts them, without salt and removes the shells. Such pistachios are expensive to buy, but well worth the expense if you can afford this delicious and completely healthful treat.*

[] Check for any remaining shell pieces in 500 grams of lightly roasted, un-salted and shelled pistachio nuts, as follows: In small portions, spread the pistachios in a single layer on a white plate or tray and take out any pieces of shell or nuts still in their shell.

[] Grind the nuts all at once in a food processor fitted with a blade, until reduced to the texture of nut butter. This takes approximately 5 minutes.

[] Store the pistachio nut butter in a closed jar in the refrigerator at 40°F.