

How To Make Nut Butter

Prep time	Cook time	Total time
15 mins	10 mins	25 mins

A step-by-step guide for how to make your own nut butter. An easy and delicious way to save money, create your own blends, and enjoy nut butter at home!

Author: Minimalist Baker

Recipe type: Sauce

Cuisine: Vegan, Gluten-Free

Serves: ~ 1.5 cups (24 Tbsp)



Ingredients

BASIC BUTTER

- 3 cups (~450 g) raw (or sprouted) nuts (my favorites = almonds, walnuts, pecans, hazelnuts // organic unpasteurized when possible)

ADD-INS *optional*

- Sea salt to taste (~1/2 tsp)
- Vanilla extract to taste
- Hemp seeds
- Flax seeds
- Chia seeds
- [Coconut butter](#)
- Chocolate

Instructions

1. Preheat oven to 350 degrees F (176 C) and add raw nuts to the baking sheet. If sprouted, nuts won't need as long to roast and benefit from a 5-8 minute roast at a lower temperature (325 F or 162 C). Roast raw nuts for 8-12 minutes, or until fragrant and slightly golden brown.
2. If roasting hazelnuts, remove from oven once toasted and transfer to a clean dish towel. Rub the hazelnuts against one another using the towel to remove the skins (see photo). Removing most of the skins is preferred (not all will come off).
3. Add roasted nuts to a [food processor](#) or [blender](#) and blend / mix until a creamy butter forms. The nuts should go from whole, to meal, to clumps, to creamy nut butter. This can take up to 10-12 or more minutes so be patient. Scrape down sides as needed.
4. Once creamy, add salt (or other add-ins) to taste. Then transfer to a clean jar or container and store in the refrigerator up to 3 weeks (sometimes longer).
5. Some other variations include: [Super Seedy Sunflower Butter](#), [Vegan Nutella](#), and [Almond Joy Butter](#)!

Nutrition Information

Serving size: 1 of 24 Tbsp Calories: 104 Fat: 9 g Saturated fat: 0.7 g Carbohydrates: 3.8 g Sugar: 0.8 g Sodium: 0 mg Fiber: 2.2 g Protein: 3.8 g

Recipe by Minimalist Baker at <https://minimalistbaker.com/how-to-make-nut-butter/>