



How to Make Almond Butter

I like to give my nuts a soak overnight in slightly salty water. This helps to make the nuts easier to digest. For 2 cups of almonds, use 1 1/2 teaspoons of salt. You can use skinless almonds as well.



After the almonds are done soaking, drain them and give them a good rinse.



Spread them out on a baking sheet. A silpat mat is optional, but it sure looks cute.

Put them in the oven at its lowest setting (mine only goes down to 170°F, but somewhere around 145°F is ideal) until completely dry, about 8–12 hours (depending on the temperature you use). You could also do this in a dehydrator if you're lucky enough to own one.

I recommend preparing a big batch of almonds and storing whatever you don't make into almond butter in the freezer. Then, when you want fresh almond butter, you can just grab your almonds and blitz them up!



Now it's (finally) time to make the almond butter!



For this first method, all you need to do is grind your almonds until completely smooth. Put your almonds in the bowl of a food processor fitted with the blade.

While it is possible to do this in a blender, be prepared for some frustration and a lot of stirring. A food processor really makes short work of it.



Pulse the almonds for a few seconds, then turn the machine on. First, your almonds will look like meal.

Then they'll start to come together a little more. Keep going!

When the nuts turn into a smooth paste, you know you're done.



Make sure to keep an eye on your machine so it doesn't overheat during this process. Give it a break if it seems like it's working overtime.

This is optional, but some salt really adds to the flavor of the almond butter. Half a teaspoon is about right for me, but you might like it saltier. Taste and adjust as necessary!



You'll want to break up the ball of butter before you mix the salt in.



Finished!



If you prefer a smoother almond butter with a less sticky feeling in your mouth, this second method is for you! Add 1/4 cup or so of melted coconut oil at the "meal" stage.

You may need to scrape down the sides of the bowl as you go.

Nice and smooth.



The coconut oil almond butter will be softer at this stage, but it will stay more solid in the refrigerator than the plain almond butter.





If you like your almond butter a little sweet, you can add some (pitted!) dates, maple syrup, coconut sugar, honey, or any sweetener you like! Three dates was about right for 2 cups of almonds.

Don't forget to add some salt!

You can store the almond butter at room temperature for a while, but I like to go ahead and pop it in the refrigerator to keep the oils as fresh as possible.



To sum up:

To increase digestion and nutrition, soak 2 cups of almonds in water with 1 1/2 teaspoons of salt for about 8 hours.

Dehydrate in the oven (or a dehydrator) at around 145-170°F.

Blitz in a food processor until smooth, making sure to give your machine breaks when needed.

Add 1/2 teaspoon of salt or more to taste.

You can also add 1/4 cup of melted coconut oil and/or dates, maple syrup, honey, or sweetener of choice.

Store at room temperature for a few days, or in the refrigerator for longer.