
The Best Homemade Cashew Butter

Cook Time: 10 min

prep Time: 10 min

total Time: 20 min

servings: 10

Ingredients:

3 cups (400g) raw cashews
1 1/2 tablespoons lucuma powder
1 teaspoon cinnamon powder
1 teaspoon vanilla extract
1/4 teaspoon sea salt
1 tablespoon coconut oil, melted (optional)

Instructions:

1. Place the cashews in a baking sheet, and roast until golden brown in warm oven, about 10 minutes. Let cool.
2. Place cashews in a food processor and turn it on. Around 2-3 minutes it will start to become a ball. Be patient the oils are breaking down for the nuts to turn into butter. You may need to scrape down the sides every now and then. Around 6-7 minutes you will have the butter. Wait a couple minutes longer for a creamier consistency.
3. Now you can use it just like that or add the rest of the ingredients for an amazing sugar-free sweet treat and blend until smooth. Adding the coconut oil is optional but I highly recommend it for a smoother and creamier consistency.

Notes:

Store at room temperature for a week, or in the fridge for a month. Best consumed at room temperature.