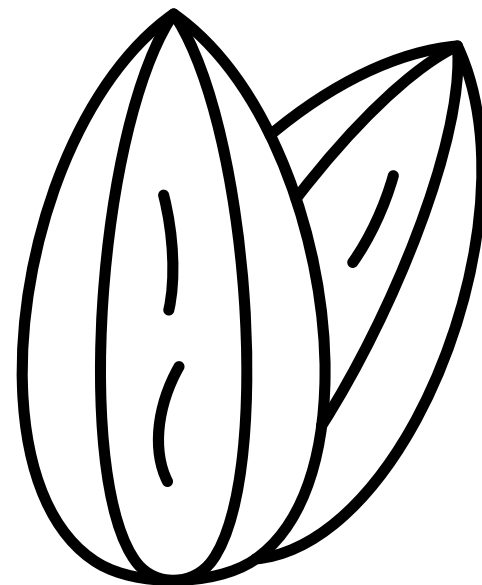


National Nut Day

Directions: To celebrate National Nut Day, try making your own almond butter!

- 6 ounces (3 cups) raw almonds
- ¼ teaspoon salt
- Optional: ¼ teaspoon ground cinnamon
- Optional: ½ teaspoon vanilla extract
- Optional: 2 tablespoons maple syrup or honey



Directions:

- Preheat the oven to 350 degrees Fahrenheit. Spread the almonds across a large baking sheet and toast the almonds for 10 minutes. Then let the almonds cool.
- Transfer the almonds to blender and blend until creamy. This may take some time and patience!
- Once the almond butter is very smooth and creamy (no sooner!), you can blend in any add-ins you would such as salt, cinnamon, maple syrup etc.
- Let the almond butter cool to room temperature, then transfer the mixture to a mason jar and screw on the lid. Store in the refrigerator for up to 2 weeks, or until you see or smell any signs of it going bad.