

Homemade Almond Butter with Three Twist

Recipe Makes: 15-16 tablespoon approx.

Nutritional Value (per serving)

Calories: 45 kcal **Protein:** 1.3 g **Carbohydrate:** 1.4 g **Fat:** 4.1 g

Ingredients

- 1 cup Whole Almonds (Badam)
- 1 tablespoon Extra Virgin Olive Oil
- 2 tablespoons Honey
- 1/2 teaspoon Cinnamon
- 2 tablespoon Cocoa Powder
- Salt, a pinch



Regular

Honey Cinnamon

Chocolate

Instructions

1. We begin making the Almond Butter by preheating the oven to 180 degree Celsius for 10 minutes. Spread the almonds on a tray and bake it for about 10 minutes. Till it turns golden brown.
2. If you don't have an oven, you can roast the almonds in a pan on low heat until they are golden brown.
3. Once done rest for 2 minutes and add it to a food processor along with a tablespoon of olive oil.
4. Let the processor run for about 10-20 minutes, be patient enough, because this might take some time till the almonds release its oil out.
5. At one point the powder will start to become like a thick paste, when it reaches that stage, you can turn off the food processor and your Regular Almond Butter is ready.
6. To make Honey Cinnamon Almond Butter, add 2 tablespoons honey, ½ teaspoon cinnamon and a pinch of salt, mix well and Honey Cinnamon Almond Butter is ready
7. To make Chocolate Almond Butter, add 2 tablespoons honey, 2 tablespoons cocoa powder and a pinch of salt, mix well and Honey Cinnamon Almond Butter is ready
8. Serve choice of Almond Butter along with toasted whole wheat bread or use it as an ingredient in an energy bars or smoothies.

