

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Almond Butter

Ingredients

250g of raw almonds

1 tsp coconut oil (optional)

Method

This almond butter is so versatile. Spread it on the coconut bread or use it as a base for almond gravy.

1. In a food processor or equivalent, place the raw almond and the coconut oil.
2. Process until it forms a butter consistency.
3. Transfer to an airtight jar and keep refrigerated.

Preparation Time: 10 minutes

Cooking Time: 0 minutes

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Makes 1 jar



For more recipes and information on living the low carbohydrate lifestyle find us at:

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