Cashew Butter

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Yield: 1 1/2 cups
3 cups roasted salted cashew nuts
2 tablespoons coconut oil, melted

In a food processor, process the cashews. It will start off crumbly and then will start to clump and stick to the sides. Stop the processor and scrape the sides.   Restart.

While running, pour in the melted coconut oil.

Process until the mixture reaches a smooth, creamy consistency.

Place the butter on a sheet of plastic wrap. Roll the wrap into a cylinder.

Chill overnight.

Cut the butter into coins to serve.

Store in the refrigerator for two weeks or longer.

If you only have raw cashew nuts, it is best to roast them first. Place the cashews in a single layer on a baking sheet. Roast them at 350 degrees for 10 to 12 minutes until nicely roasted. Watch closely to prevent burning. When placing the nuts in the food processor, add salt to taste.

It is possible to make this without any added oil, but it does tend to take longer.

Per Serving (excluding unknown items): 235 Calories; 27g Fat (100.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: 5 1/2 Fat.