

Homemade Almond Joy Nut Butter

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6 cups toasted unsalted nuts (peanuts, almonds, pecans, walnuts or a combination of any listed)

1/4 to 1/3 cup light-flavored olive oil

1 1/2 teaspoons salt

1/2 cup sweetened coconut flakes

2 teaspoons cocoa powder

1/2 teaspoon vanilla extract

1 teaspoon brown sugar

In the bowl of a large food processor, cover and process the nuts about 2 minutes, scraping down the sides as needed, until the mixture resembles fine crumbs and becomes slightly pasty.

Add the oil and the salt.

Add the coconut, cocoa powder, vanilla extract and brown sugar.

Continue to process for 3 minutes more, scraping down the sides frequently, until creamy and smooth with only small lumps remaining. (Add more oil if necessary, to make spreadable.)

Transfer into a sealable container or clean glass jar with a lid and store in the refrigerator for up to two months.

Yield: 3 1/2 cups

Per Serving (excluding unknown items): 201 Calories; 12g Fat (52.7% calories from fat); 2g Protein; 23g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 3294mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.