

Pumpkin-Spiced Cashew Butter

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*3/4 cup roasted salted
cashews
3 tablespoons coconut oil
1 tablespoon honey
1 teaspoon pumpkin pie
spice
1/2 teaspoon ground
cinnamon*

Place the cashews in a food processor.

Process for 2 minutes until finely ground.

Scrape down the sides. Add the coconut oil, honey, pumpkin pie spice and cinnamon.

Process for 1 to 2 minutes until creamy.

Place in an airtight container.

Refrigerate up to one month.

Per Serving (excluding unknown items): 426 Calories; 41g Fat (82.3% calories from fat); trace Protein; 20g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 8 Fat; 1 Other Carbohydrates.