

14

Servings

10 min

Prep Time

10 min

Cook Time

20 min

Total Time

## Almond Butter

### Ingredients

280g almonds  
2 tbsp MCT oil  
¼ tsp salt

### Conventional Method

- 1 Preheat the oven to 180°.
- 2 Spread almonds on a baking tray and bake for 10 minutes.
- 3 Remove from the oven and allow to cool for 5 minutes.
- 4 Transfer almonds a blender and blend until the mix is a fine crumb.
- 5 Scrape down the sides and add the remaining ingredients. Blend for a further 5 mins or until the mix turns into a paste.
- 6 Store in the fridge in an air tight container for up to 2 weeks.

### Thermomix Method

- 1 Preheat the oven to 180°.
- 2 Spread almonds on a baking tray and bake for 10 minutes.
- 3 Remove from the oven and allow to cool for 5 minutes.
- 4 Transfer almonds to the Thermomix bowl and blend for 1min/sp9.
- 5 Scrape down the sides and add the remaining ingredients. Blend for a further 5min/sp5.
- 6 Store in the fridge in an air tight container for up to 2 weeks.

### Macros Per Serve

Calories - 130 | Fat – 10.4g

Net Carbs – 1.6g | Protein – 4.4g