

WALNUT BUTTER



Stores perfectly in the fridge ready for spreading on toast, adding to shakes, enhancing curries, melting on vegetables, running through pasta, mixing with yoghurt and for forming the base of low-carb biscuits.

1 cup of walnuts (125g)

Preparation time: 12 minutes

Stores: well, refrigerated in a Hokan Bowl for 1 month

Serves: 25

Blend the walnuts in a food processor, at high speed, for 5 minutes. Pause to clean the sides of the food processor with a spatula and continue blending at high speed, for another 5 minutes, until the walnuts warm up and release their oils. The type of nut and blender used will ultimately determine the blending time however the consistency to achieve is a smooth creamy paste. Scrape the nut butter from the mixer into a small Hokan Bowl, put the lid on and store in the fridge.

This can be made a hundred different ways; add cinnamon, nutmeg, salt or maple syrup to flavour the nut butter, roast the nuts beforehand, combine nuts so you have a mixed nut butter or add a cold pressed oil to loosen the butter. This recipe is keeps it thick and rich as is shown in the photograph.

One serving of 1 tsp (5g) = Calories 29, Fat(g); 2.7, Saturated(g); 0.2, Sodium(mg); 0.8, Carbs (g); 0.8, Fibre(g) 0.2, Sugars (g); 0.2, Protein(g); 0.6, Vitamin A (%); 0.2, Vitamin C(%); 0.2, Calcium(%); 0.5, Iron(%); 0.6. *(vitamin percentage based on a 2000 calorie/day diet)*

81% fat - 11% carbohydrates - 8% protein

