MAPLE ROASTED ALMOND BUTTER

Jeanna found this website:

www.runningwithspoons.com/2014/08/18/creamy-maple-roasted-almond-butter/

Wow, absolutely delicious & oh, so easy!

1. Spread 2 C raw almonds* on a Sil Pro mat. Pour about 1/4 C of real maple syrup** over the almonds. Stir to coat the nuts.
2. Bake at 325 for 15 minutes. Cool for 10 minutes.
3. While still warm, run in a food processor adding :
   1 - 2 T coconut oil for a smoother texture
   Pinch of salt 1 t cinnamon
4. Process about 10 minutes until smooth, scraping the sides as needed.
5. Store in airtight container in frig for 3 months if it lasts that long. It is addicting!

*Soaked & Dehydrated first would be better on digestive tract as well as more nutritious!

**A great substitute for maple syrup with Our Agave Syrup mixed with Maple Extract.