



# Homemade Almond Butter

By Morning: Spirit: Wolf-D.R.M.

Homemade almond butter is not only less expensive than store bought, by making it at home you'll get the quality and nutrition you really deserve by choosing organic, "really raw" almonds and making

your own. It's easy, it tastes better, and you'll enjoy the pride of accomplishment.



To get started soak 3 cups almonds overnight in enough water to cover them by about an inch. This germinates the nutrients and makes them available, while detoxifying the natural fungus and pest inhibitors that most nuts produce.

The next morning, pour the water off the nuts using a strainer. Then slip off the soaked skins by putting the middle of the nut

between your thumb and index or middle finger and squeezing while pulling fingers back toward the end of the nut allowing the skin to slip off – be careful that the nuts doesn't shoot out of your fingers. After a few nuts you'll get the hang of it.



Use a food processor fitted with an "S" blade, in most cases the "Vitamix" gets too hot for the long processing almond butter takes while a food processor doesn't.

Place the soaked, skinned almonds into the food processor, secure the lid, and turn it on. The natural oils and moisture in the nuts will cause the nuts to stick together forming

balls, but then after a few minutes the magic will happen.



Scrape down the sides as needed with a spatula, and replace the lid after each scraping.

Keep processing until the nut butter becomes smooth and creamy, and be patient, this may take some time.

The finished product will be around 1.5- 2

cups of almond butter

Transfer the almond butter to a sealed glass jar, and store in the fridge for the best shelf life.