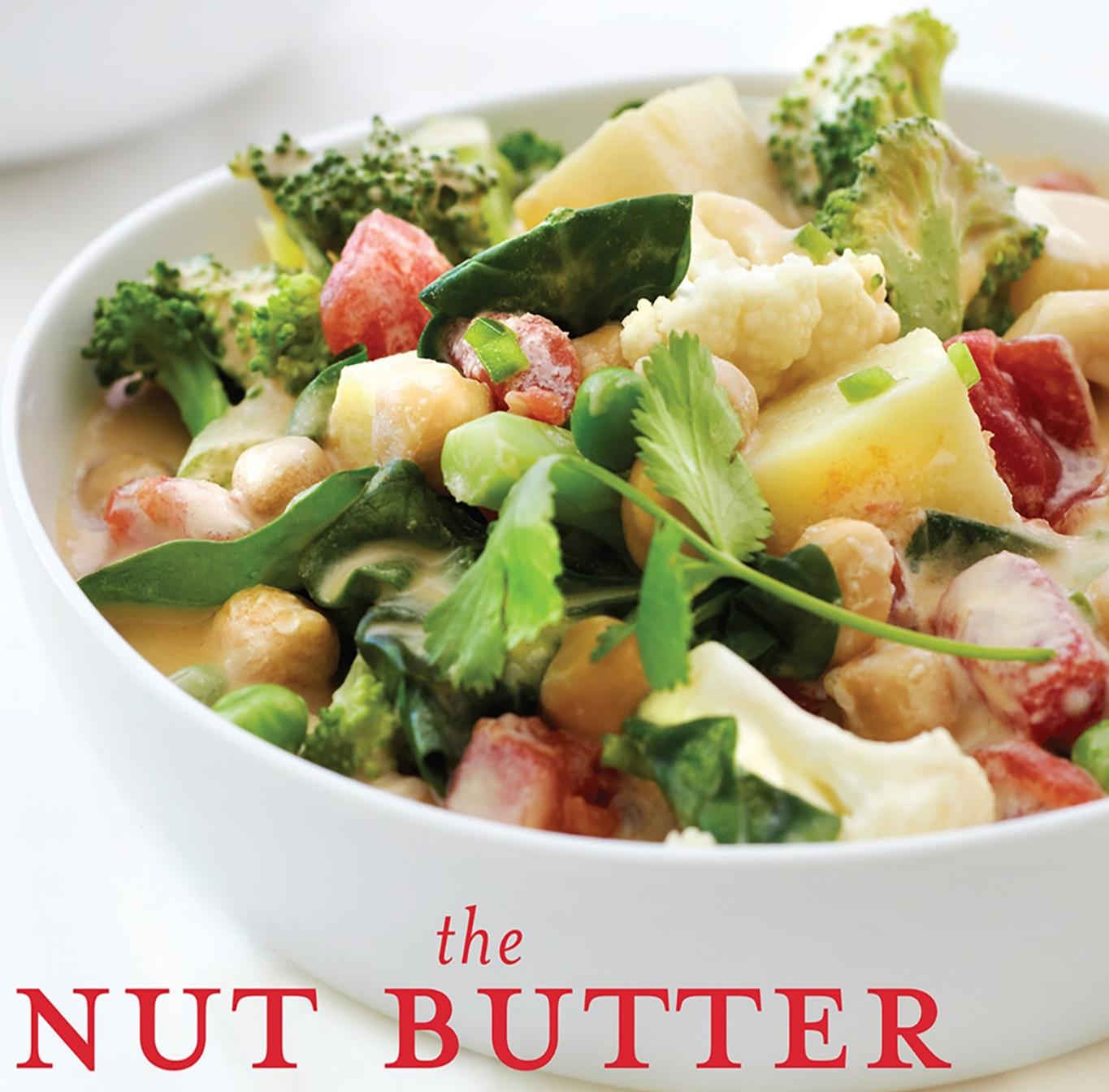


ROBIN ROBERTSON



*the*  
**NUT BUTTER**  
**COOKBOOK**

*100 delicious vegan recipes  
made better with nut butter*



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"Robin Robertson's cookbook is so unique and creative you'll want to test every decadent recipe. It's hard to know where to begin with these insanely delicious choices, from Peruvian Peanut Potato Soup and Linguine with Thai Pesto to Peanut Butter Cups and Pineapple Coconut Cheesecake."

—Julieanna Hever, *The Complete Idiot's Guide to Plant-Based Nutrition*

"If you think nut butters are just for sandwiches, get ready to expand your horizons with *The Nut Butter Cookbook* by Robin Robertson. This vegan cookbook proclaims the versatility of peanut, almond, cashew, sesame, and other nut and seed butters for every meal of the day. The butters in these recipes are also interchangeable, so those who are allergic to some, but not all, nuts and seeds can still benefit. Most recipes require only a small amount of nut or seed butter to lend rich flavor and protein."

—Emily Ho, [theKitchn.com](http://theKitchn.com)

"In a dairy-free kitchen, nut butters are often the rich, creamy answer to that craving that might once have been met by cheese. And according to Robertson's introduction to the book, we would all do well to eat more nut butters for health. Packed with antioxidants, good fats, and, of course, healthy protein, nut butters are a real nutritional powerhouse."

—Robin Asbell, *Big Vegan*

"This collection of recipes shows how to use nut butters to create soup, main dishes, and desserts. If you've got a from-scratch sensibility and a good food processor, you can make your own nut butters to create a homemade foundation for everything from waffles to stuffed peppers—and yes, nut butter sandwiches. The three-ingredient homemade nut butter recipe is a revelation."

—Grant Butler, *The Oregonian*

"Think 'nut butter' the next time you want to add extra flavor and nutrition to your cooking."

—Nava Atlas, [VegKitchen.com](http://VegKitchen.com)

"The book is bursting with recipes putting this wonderful kitchen staple to good use. There are recipes calling for every type of nut butter you can imagine, but don't be worried about trying to hunt them down in the store—Robin provides an overview on how to make basic nut butters as well as other uses for nuts, like cashew cream or nut-based mayo."

—Kristy Turner, [KeepinItKind.com](http://KeepinItKind.com)

THE

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NUT BUTTER  
COOKBOOK

Hot Vegan

Vegan Without Borders

Quick-Fix Vegan

More Quick-Fix Vegan

Quick-Fix Vegetarian

Vegan Planet

One-Dish Vegan

Fresh from the Vegan Slow Cooker

Party Vegan Vegan

on the Cheap

1,000 Vegan Recipes

Vegan Unplugged (co-author)

The Vegetarian Meat and Potatoes Cookbook

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THE

NUT BUTTER

COOKBOOK

*100 delicious vegan recipes made better with nut butter*



ROBIN ROBERTSON



**Andrews McMeel  
Publishing**

Kansas City • Sydney • London

TO MY FAMILY:

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JON, GARY, MITZKI, JASON,

AND PETEY

# CONTENTS

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FOREWORD BY JULIEANNA HEVER

PREFACE

NUTS ABOUT NUT BUTTERS

SOUPS

STARTERS

SALADS

SIDE DISHES

MAIN DISHES

SANDWICHES

BREAKFAST & BEYOND

DESSERTS

SWEET TREATS

ACKNOWLEDGMENTS

ABOUT THE AUTHOR

NUTRITION

METRIC CONVERSIONS AND EQUIVALENTS

GLUTEN-FREE RECIPE INDEX

SOY-FREE RECIPE

INDEX

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cashew



## FOREWORD

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BY JULIEANNA HEVER, MS, RD, CPT

I grew up in a completely nut-free household, because my father is allergic to most nuts. We couldn't have nuts anywhere in the house. Once I moved out and was on my own, I slowly began a new journey into an entirely new genre of flavor and texture I had never been privy to. A new world opened up to me as I explored various nuts and nut butters, testing them in recipes and adding them to snacks, recognizing how much I had been missing throughout my youth. Because of my newness to this class of versatile plant-based foods, I am all the more grateful to Robin for creating this gem of a book, enabling me to explore her fresh concepts and ideas, and to indulge in these nutritious and delicious recipes. *The Nut Butter Cookbook* is brimming with creativity, great flavor, and decadence, all the while providing enticing ways to incorporate health-filled nut butters into your daily fare.

Nuts and seeds have been a traditional component of most cultures for millennia. Not only are they delicious and provide delectable additions to a vast variety of dishes, but they also boast extraordinary nutrient profiles and have been associated with multiple health benefits in the scientific literature.

Tree nuts and peanuts (technically a legume masquerading as a nut, thanks to the nomenclature and nutrient profile) are rich in vitamins E, B<sub>6</sub>, folate, thiamin, riboflavin, niacin, pantothenic acid, and much-needed minerals like calcium, selenium, iron, zinc, manganese, magnesium, phosphorus, and potassium. They score high on antioxidant ranking systems and provide a plethora of protective phytonutrients. Seeds, too, provide a wealth of nutrients including vitamin E and several from the B complex (namely, thiamine, niacin, folate, and B<sub>6</sub>), manganese, tryptophan, calcium, phosphorus, potassium, zinc, and iron. Special super stars of the seed kingdom are sesame seeds and tahini (sesame seed butter) due to their healthy dose of calcium, and chia, flax, and hemp seeds for their abundance of plant-based omega-3 fats.

Although the percentage of calories in nuts and seeds is high in total fat, their fatty acid profile is optimal, made up of primarily monounsaturated fats (although certain nuts like walnuts are predominantly polyunsaturated). Overall, nuts are lower in artery-clogging saturated fats and do not contain nefariously problematic trans fatty acids or dietary cholesterol. Some nuts and seeds are high in the essential polyunsaturated omega-3 fatty acid, alpha-linolenic acid (ALA). In fact, it only takes approximately half a cup of black walnuts, two tablespoons of English walnuts, or one tablespoon of flaxseeds, hemp seeds, or chia seeds to provide the daily Adequate Intake (AI) of ALA. In a vegan diet, these are your best options for attaining your omega-3 fatty acids, and should be considered a consistent component of your meal plan. Robin illustrates some easy and delicious ways of enjoying them throughout this book.

Another unique contribution nuts provide is phytosterols, plant-derived sterols and stanols, which have been associated with cholesterol-optimizing effects as well as lowered risk for certain cancers. Nuts also contain ellagic acid, a potent antioxidant, as well as lignans, which have antioxidant and phytoestrogenic properties. These compounds have been shown to support heart health and protect against certain cancers.

Nuts are an excellent source of healthy plant protein. The biggest benefit of consuming protein

from nuts and other plant foods is that it is packaged alongside all of these other wonderful nutrients and yet do not contain harmful steroids, hormones, cholesterol, and saturated fats found in animal products. In fact, the protein content in nuts and seeds helps provide essential amino acids and boost protein intake in a vegan diet. And here is a bonus: L-arginine, one of the amino acids found abundantly in nuts, is the precursor to nitric oxide and its consumption can help improve blood flow by enhancing vasodilation (Brufau, et al, *Brit J Nutr*, 2006). [Chart 1](#) for an illustration of the varied and health-promoting fatty acid profile, and generous fiber and phytosterol content of various nuts and peanuts.

In recent years, research has shed light on numerous compelling benefits of consuming nuts and seeds regularly. Epidemiological data have revealed that nuts appear to reduce your risk of cardiovascular disease, the number one killer of Americans, by approximately one-third or more. The Nurses Health Study is a prospective cohort study that began following 121,700 female nurses in 1976. In a recent analysis (Baer, et al, *Am J Epidemiol* 2011) of the collected data, researchers wanted to assess which lifestyle factors may be associated with mortality. Consuming just two or more servings of nuts per week was found to be associated with lower mortality when compared to women consuming none or almost none. Several studies show a strong cardioprotective effect illustrated by associations between frequent nut consumption and a decreased incidence of mortality, coronary heart disease, myocardial infarction, and sudden cardiac death.

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**“Despite the common concerns about the higher fat and calorie content of nuts and seeds, research supports the fact that consuming nuts does not lead to weight gain.”**

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Consuming nuts regularly helps protect against type 2 diabetes. Jiang, et al found a lowered risk for type 2 diabetes with higher nut and peanut butter consumption in women (*JAMA* 2002) while Jenkins et al, found two ounces of nuts per day in replacement of carbohydrate-rich foods helped improve glycemic control and blood cholesterol in type 2 diabetics (*Diabetes Care* 2011).

Nuts and seeds also improve cholesterol profiles. In a 2005 review (Mukuddem-Petersen, et al, *J Nutr*), it was concluded that consuming 50-100 g (approximately 1.5-3.5 servings) of nuts five or more times a week can decrease total and low-density lipoprotein (LDL) cholesterol levels. A pooled analysis of 25 nut consumption trials (Sabate, et al, *Arch Intern Med*, 2010) determined that eating nuts improves blood cholesterol profiles in a dose-dependent fashion, meaning there is a greater reduction LDL cholesterol when more calories are replaced by nuts in the diet.

Preliminary evidence supports possible associations between frequent nut consumption and decreased incidence of other chronic diseases such as obesity, dementia, gallstone disease, advanced macular degeneration, and even erectile dysfunction.

Despite the common concerns about the higher fat and calorie content of nuts and seeds, research supports the fact that consuming nuts does not lead to weight gain. In fact, some experts continue the antiquated trend of recommending limiting or excluding them in the diet in order to lose weight or prevent weight gain. However, a comprehensive review in the September 2008 issue of *The Journal of Nutrition* revealed that nuts are not only innocent of the claim they contribute to weight gain, but also

that nut consumers tend to have lower body mass indexes (BMIs) than non-consumers. A randomized controlled trial (the gold standard in scientific research) put two groups of obese subjects on a low-calorie diet, where one group consumed 48 almonds a day and the other group had no nuts. At the end of the 18-month trial, both groups lost around the same amount of weight, but the almond-eaters showed significantly greater reductions in total cholesterol and triglycerides levels profiles as well as better total cholesterol to HDL ratios (*Am J Clin Nutr*, 2012).

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**“Overall, nuts are lower in artery-clogging saturated fats and do not contain nefariously problematic trans fatty acids or dietary cholesterol.”**

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The key factor is that you need to substitute (instead of adding in additional) calories you were previously consuming to reap the benefits. Adding calories to a diet, regardless of where they are coming from, will lead to weight gain since weight management is simply a physics equation of calories in versus calories out.

Thus, the preponderance of information suggests that consuming a moderate amount of nuts and seeds—approximately one ounce per day—has significant health advantages, particularly when the serving of nuts replaces the calories from somewhere else in the diet.

*The Nut Butter Cookbook* provides an enchantingly delicious culinary opportunity to indulge in the rich flavors of nut butters, while also boosting your essential nutrient intake and helping reduce the incidence of chronic disease. You can enjoy Robin’s enticing and innovative recipes while maintaining your goal for optimal health.

JULIEANNA HEVER, MS, RD, CPT,  
PLANT-BASED DIETITIAN, AUTHOR OF *THE  
COMPLETE IDIOT’S GUIDE TO PLANT-BASED  
NUTRITION*, AND HOST OF THE TV TALK SHOW,  
*WHAT WOULD JULIEANNA DO?*



*almond*



## PREFACE

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*The Nut Butter Cookbook: 100 Delicious Vegan Recipes Made Better with Nut Butter*, is a revision of my earlier book, *Nut Butter Universe*. *The Nut Butter Cookbook* contains more than 100 all-vegan recipes that call for a variety of nut and seed butters that can be used in a full range of recipes from starters, soups, and sandwiches, to main dishes, breakfasts, and desserts, with the gluten-free or soy-free recipes clearly marked.

In *The Nut Butter Cookbook*, you'll find many flavor-rich recipes, including: Cream of Chestnut Soup, Roasted Niçoise Salad with Cashew Goddess Dressing, Spinach Walnut Crostini, Penne Primavera with Avocado Cashew Cream, Apple–Almond Butter Pancakes, and Chocolate–Peanut Butter Cheesecake.

In addition to their deliciousness, nut butters can be a wonderful source of protein and other nutrients. Because of their rich flavors, only a small amount is needed for most recipes. For more information about the healthy benefits of nuts, I encourage you to read the informative Foreword by Julieanna Hever. Of course, if you are allergic to a particular nut, but not others, I'm happy to point out that the various nut and seed butters used in these recipes are virtually interchangeable with each other.

Whether you make your own nut butters or choose from the wide variety of commercially produced nut butters now available, I hope you'll enjoy the recipes in *The Nut Butter Cookbook* as much as I do.

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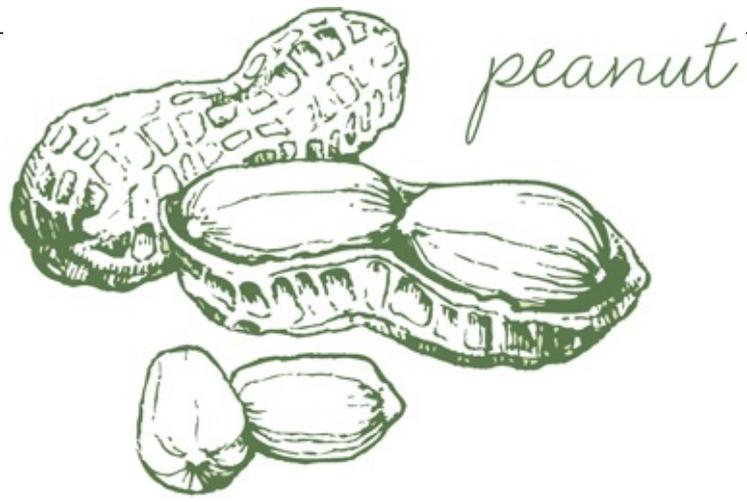
*chestnut*



The world of nut butter once revolved around peanut butter alone. But no more. There's a vast universe of new options now available that includes nut butters made from almonds, Brazil nuts, cashews, pistachios, walnuts, and also seeds, such as pumpkin and sunflower. You can even enjoy nut butters with enticing flavor combinations like cinnamon-raisin swirl peanut butter, chocolate sunflower seed almond butter, chocolate hazelnut, vanilla espresso almond butter, and many others [Make Your Own Flavored Nut Butters](#).

Nut butters can be surprisingly versatile ingredients for many recipes and dishes. They add protein and other important nutrients, as well as delicious flavor and a subtle nuttiness that compliments many foods. In addition to providing a basis for many international dishes, nut butters can be used as a replacement for butter, oil, or shortening in baking. They also add wonderful flavor and richness to sauces, gravies, marinades, and dressings. And, of course, they're great on their own or spread on bread for a sandwich.

Easy instructions for making your own nut butters are provided in this book. If you prefer to buy your nut butters off the shelf, there are many sources from which you can buy everything from basic peanut butter and tahini to more exotic nut butters. Look for companies that sell organic nut butters, and be sure the products do not contain hydrogenated fat or other additives. The many varieties can easily be discovered by searching "nut butters" in your favorite search engine.



*peanut*

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# 1 NUTS ABOUT NUT BUTTERS

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Basic Nut Butter

Cashew Sour Cream

Cashew Cream Cheese

Cashew Mayo

Nutty Parmesan

Nut Cheese Sauce

Raw Sesame Butter

Toasted Sesame Butter

Like most people, my personal nut butter odyssey began in childhood with the frequent appearance of peanut butter and jelly sandwiches in my lunchbox. I never grew tired of them. Whenever my mother prepared something I didn't like for dinner, I always requested one. My love of peanut butter soon extended to sweets, with peanut butter cookies and those decadent chocolate-peanut butter cups topping my list of favorite confections.

Unfortunately, the calorie counting and fat-gram monitoring of adulthood banished my beloved spread to the shelf for a time. As I learned more about international cuisines, however, I discovered that peanut butter is used as a cooking ingredient throughout the world. I soon began looking at my old friend in a new light and realized that because the flavor of peanut butter is so intense, a little goes a long way. Just a small amount is needed to enliven sauces, soups, and other savory dishes.

Around the same time, a wonderful thing happened: medical science revealed that there are "good" fats and "bad" fats. Nut butters were on the list of "good," or monounsaturated, fats. Unlike saturated fats, which can clog the arteries and lead to high cholesterol and heart disease, monounsaturated fats were found to actually help lower cholesterol and improve heart function.

Since then, something equally wonderful has happened: an abundance of delicious, non-peanut, nut and seed butters have become available. This convinced me that a new book on nut and seed butters was in order. I wanted to include all of peanut butter's creamy and delicious friends—the fabulous butters made from almonds, cashews, walnuts, pistachios, pecans, chestnuts, and macadamia nuts, as well as sesame seeds, sunflower seeds, and others.

## PEANUT BUTTER: AN AMERICAN TRADITION

Peanut butter was first developed in the United States in the 1890s as a high-protein health food. The original patent for peanut butter was given to Dr. John Harvey Kellogg (the Kellogg's cereal magnate), who initially developed peanut butter as a protein alternative for his patients.

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Peanut butter was first introduced to the American public in St. Louis at the 1904 World's Fair, where over \$700 worth of it was sold at a penny per sample. Peanut butter has been a favorite kitchen staple in American homes ever since. Commercial production of peanut butter began in earnest in 1906 but the early products had a gritty texture and spoiled easily. That soon changed. In 1922, Joseph L. Rosefield found a way to prevent the oil from separating, and he received the first patent for a shelf-stable peanut butter that stayed fresh for up to a year. Today, of the peanuts grown in the U.S., nearly half are used to make peanut butter. The Jif brand alone is produced at the rate of 250,000 jars per day in the world's largest peanut butter plant in Lexington, Kentucky.

During the twentieth century, peanut butter was used mainly for sandwiches and confections. The

days, however, many health-conscious Americans have rediscovered peanut butter as an easy and delicious way to add protein-rich flavor to their meals and a great way to include more “good” fat in their diets.

Some people might dismiss peanut butter as “kids’ stuff,” but virtually everyone has a jar on hand to appease the child within—whether to make the iconic sandwich or perhaps indulge in one of life’s guilty pleasures: dipping a spoon (or finger) directly into the jar at midnight. Peanut butter is convenient and inexpensive, and a nutritional powerhouse rich in protein, fiber, niacin, magnesium, and B vitamins. No wonder peanut butter is America’s favorite comfort food! The fact is, we consume nearly 800 million pounds of the creamy spread each year.

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**Unlike saturated fats, which can clog the arteries and lead to high cholesterol and heart disease, monounsaturated fats were found to actually help lower cholesterol and improve heart function.**

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Parents turn to peanut butter to nourish fussy kids. Young people and families alike crave it as a delicious and economical protein source, as do the millions of vegans and other health-conscious people. Whether enjoyed as a snack, as part of a meal, or dessert, Americans have a love affair with peanut butter!

“All natural” peanut butter is now commercially available. It is made only from 100 percent peanuts, while “regular,” emulsified peanut butter contains added ingredients. The addition of hydrogenated vegetable oil acts as a stabilizer to prevent the oil in the peanut butter from separating, and it gives peanut butter its spreadable consistency. Because hydrogenated oil should be avoided, make every effort to choose a commercial peanut butter that is all natural. Natural or “old-fashioned” style peanut butter contains no stabilizers and often does not contain added sweeteners or salt, and the peanuts used are usually organic. Natural-style peanut butter has a coarser texture and deeper flavor than the commercial brands of regular peanut butter.

Centuries before peanut butter made its first public appearance at the St. Louis World’s Fair, it was a staple for the people of Asia, Africa, and South America, who continue to use it in soups, stews, sauces, salads, and main dishes. In fact, over 90 percent of the world’s peanuts are grown in Africa and Asia. Peanuts were known as early as 950 BC and originated in South America. The ancient Incas used peanuts, and they are known to have made them into a paste-like substance. As a crop, peanuts emigrated from South America to Africa by early explorers and then traveled by trade into Spain and subsequently to the American colonies.

## **NUT AND SEED BUTTERS EVERYWHERE**

The use of nut butters remains common in many countries throughout the world, from the peanut sauces of Thailand to the peanut stews of Africa, as well as sesame dressings of Japan and almond sauces of Spain. In Morocco, almond butter (or “paste”) is used to make pastry fillings and other desserts, including a sweet spread known as *amlou*, made with honey and argan oil. Moroccans also

combine almond paste with anise, cinnamon, fennel, sesame seeds, oil, honey, and flour to make a sweet and nutritious snack called *sellou*.

Lucky for us in North America, in addition to our beloved peanutty spread, we now have available a wide variety of other nut butters, including almond butter, cashew butter, and seed butters, made with sunflower seeds or pumpkin seeds. Soy nut butter, made from roasted soybeans, is also available. Sesame butters, in the form of tahini and Chinese sesame paste, are also popular in Asian and Middle Eastern cooking. Both sunflower seed butter and soy nut butter are good options for those with peanut or other nut allergies.

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**Both sunflower seed butter and soy nut butter are good options for those with peanut or other nut allergies.**

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We can also find a variety of specialty nut butters, including those that have jelly, chocolate, or flavorings blended right in the jar. In terms of freshness and flavor, however, nothing beats freshly ground nut butters. It is simple to make your own nut butter at home in a high-speed blender or food processor. A recipe for homemade nut butter is provided [here](#).

## TO YOUR HEALTH

Nut butters are an excellent source of protein, and they are rich in fiber, vitamins, and essential fatty acids. They are also high in fat, but the fats are mostly unsaturated. Recent medical findings extol the benefits of monounsaturated fats, such as those found in avocados and nut butters. Among other things, these "good" fats have been shown to help reduce high cholesterol, and, because they are low on the glycemic index, nut butters can help control weight gain and diabetes.

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**Recent medical findings extol the benefits of monounsaturated fats, such as those found in avocados and nut butters.**

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In addition to being rich in protein, nut butters are also excellent sources for B-complex vitamins as well as potassium, magnesium, calcium, and iron, making them ideal choices for quality protein and "good" fat. Studies have shown that regularly eating foods rich in unsaturated fat (such as nut butters) can actually help lower blood cholesterol levels. Nut butters are also naturally cholesterol-free.

Because the recipes in this book are free of all animal products, they are accessible not only to vegans but to those who are lactose-intolerant or need to limit their intake of cholesterol and saturated fat. Another thing to keep in mind is that the "per serving" amount of nut butter in most recipes is

quite low, so even though many of the recipes may taste decadently rich, they are actually quite healthful.

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In addition to being rich in fatty acids, fiber, and phytosterols [Chart 1](#), nuts are also good sources of protein, calcium, and potassium, and other nutrients [Chart 2](#).

There are many cases in which particular nuts shine with regard to specific nutrients. For example, Brazil nuts are the highest food source for the essential mineral selenium; sunflower seeds are rich in vitamin E; and cashews are high in iron.

For more detailed information about the many health benefits of nut butters, be sure to read the Foreword by best-selling author Julieanna Hever, aka the Plant-Based Dietitian.

## BUYING AND STORING TIPS

A variety of nut butters can be found in natural food stores, well-stocked supermarkets, and from several online sources. Natural-style nut butters contain no additives and need to be kept refrigerated to prevent rancidity.

When kept in a tightly sealed jar in the refrigerator, nut butters will keep for several months. Natural nut butters are unprocessed, and the oil and solids sometimes separate in the jar. Just stir them back together before use. Since natural nut butters become stiff when chilled, bring them to room temperature for a few minutes before use to improve spreadability.

## NUT ALLERGIES AND ALTERNATIVES

It is estimated that three million Americans are allergic to peanuts and other nuts. The good news for those afflicted is that the different varieties of nut butters are interchangeable in most of the recipes in this book. If you or someone you cook for are allergic to peanuts (but not other nuts), simply substitute another variety of nut butter for peanut butter in the recipes.

Likewise, if you have sensitivity to another nut (or simply prefer certain nuts over others) feel free to use whatever nut butter you prefer in any of the recipes in this book. Typically, sunflower seed butter or soy nut butter are delicious alternatives to nut butters for those who have allergies. (See specific information on soy and gluten sensitivities [here](#).)

## COMMERCIAL VS. HOMEMADE

The decision to use store-bought nut butters or your own homemade nut butters is entirely your own choice. These recipes work equally well with either. For convenience, you may prefer ready-made. These days commercially prepared butters made from almonds, cashews, sunflower seeds (SunButter is hugely popular), pumpkin seeds, and the like are rapidly becoming more available and less expensive than they once were. You can find a wide variety in stores such as Whole Foods and Trader Joe's, and even in warehouse stores and regular supermarkets. There are also huge selections available online, including on Amazon.

Homemade nut butters, however, are superior in flavor and can be more economical to make when you buy nuts in bulk. It's also quite easy (and fun!) to make your own nut butters. Just be sure to make them in small batches, as fresh-ground nut butters are more perishable than commercial varieties.

It bears repeating that homemade butters should also be stored in the refrigerator in a tightly covered container (a small widemouthed jar with a tight-fitting lid is perfect) where they will keep for up to a month. For easier spreading, nut butters should be brought to room temperature before using them in a recipe.

Generally, there is a 2-to-1 ratio of nuts used to the nut butter yield. (For example, 1 cup of nuts yields approximately  $\frac{1}{2}$  cup of nut butter.)

## MAKING YOUR OWN NUT BUTTERS

Making your own nut butters at home is as simple as grinding nuts in a food processor until they form a paste. Grinding your own nut butters can actually be a gratifying experience. The results taste fresh and delicious and can be more economical than buying commercial nut butters. On the next page is a basic recipe for homemade nut butter made in a food processor. Nut butters can also be made in a blender, but they can be more difficult to manage because it takes more effort to keep scraping them down from the sides and bottom of a blender than it does in a food processor.



## TO ROAST OR NOT TO ROAST?

The choice to roast nuts used for making nut butter is a matter of personal preference. Raw foodists wouldn't consider it, but some nuts, such as walnuts, can be bitter when raw, and the roasting process removes any bitterness. Roasted nuts add more depth of flavor to nut butters. To me, roasted nut butters taste like an intense, creamy version of the nut from which it was made.

To roast nuts, preheat the oven to 375° F. Spread the raw nuts on a baking sheet and roast for 10 to 12 minutes, stirring a couple of times to prevent burning. They should be fragrant and lightly browned. Remove from the oven and transfer to a plate or shallow bowl to cool.

Roasted nut butter can take up to 12 to 15 minutes to make in a food processor, depending on the nut. A small amount of oil, such as coconut oil or neutral vegetable oil, may be added when making butter using harder, drier, or older nuts.

## BASIC NUT BUTTER

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This basic recipe calls for roasted nuts because they have more flavor and roasting helps bring out the oils. You can also use raw or soaked nuts if you prefer. This recipe can also be used for shelled sunflower or pumpkin seeds.

MAKES 1 CUP

2 cups roasted shelled nuts (any variety)

1 tablespoon neutral vegetable oil (optional)

1/4 teaspoon salt, or to taste (omit if salted nuts are used)

Place the nuts, oil (if using), and salt (if using), in a food processor with the metal "S" blade and process for 2 to 3 minutes. Stop to scrape down the sides of container with a rubber spatula and continue to process until the desired consistency is reached, 10 to 15 minutes total, depending on the nuts used.

Transfer to a tightly covered container, and store in the refrigerator. For a more spreadable consistency, remove from the refrigerator about 20 minutes before using. If the oil rises to the top, stir before using.

### NUT CREAMS

Nut butters are easy to transform into nut creams and used to make rich sauces for savory and sweet recipes. To make a nut cream, whisk up to 1 cup of water (or other liquid, depending on the recipe) into 1/4 cup of nut butter until smooth. The most widely used nut cream is made with neutral-flavored cashew butter, with almond butter a close second. More boldly-flavored nut creams, such as walnut cream, make a flavorful sauce for pasta.

### NUT-BASED DAIRY-FREE BASICS

A number of basic ingredients called for in this book, such as dairy-free mayonnaise, sour cream, and cream cheese, can be made with nut butters. You can certainly buy prepared versions of these ingredients, if you prefer, or you can make them yourself using these recipes.

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sample content of The Nut Butter Cookbook: 100 Delicious Vegan Recipes Made Better with Nut Butter

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