



Nut Butter.

Ingredients

1 bag of raw, unsalted nuts – almonds, cashews, and/or peanuts.

1. Put the nuts into a food processor and blend until the mixture is smooth and creamy.
2. Store in an airtight container in the fridge for up to 3 weeks.

You can use nut butter on sandwiches or as a snack with oatcakes, rice cakes or some crudité vegetables. This recipe is really easy to make and tastes absolutely delicious. Best of all – it's sugar-free without containing fake sugars or sugar substitutes!

- Gluten free, wheat free, dairy free, sugar free
- Vegetarian

Taken from I Quit Sugar by Sarah Wilson.