AMERICAN · SAUCE

Homemade Almond Butter with No Added Oil or Sugar

40 min · Makes 24 × 1 tbsp · 101 kcal a portion · Video 4:53 · Clean & Delicious

Vegan · Gluten-free ingredients

Made only from almonds and a little salt, with no added oil or sugar: a tablespoon has about 3.5 g protein, 2 g fibre and under 2 g net carbs, mostly unsaturated fat, and is rich in vitamin E.

Diet notes: Keto (1.6 g net carbs a serve).

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Ingredients

2 · MAKES 24 × 1 TBSP

- ☐ 420 g **raw almonds**
- ☐ 1/2 tsp **kosher sea salt** (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 120°C. Spread the raw almonds on a rimmed baking sheet and warm them for about 15 minutes, until heated through and golden (8–10 minutes if they are already roasted). 0:25
2. Tip the warm almonds into a food processor, put the lid on and pulse a few times to break them up, then let it run. 1:00
3. Process for 15–20 minutes, stopping now and then to scrape down the sides and to rest the motor if it gets hot. It goes from almond meal, to a sticky paste, to a ball. 1:18
4. When it forms a ball, add the salt if you like it salted, then process one last time until creamy and smooth. 2:10
5. Spoon into clean airtight jars and keep in the fridge, where it lasts up to a month. 2:47

> **Tip** Warm almonds release their oil and blend faster. The cook's written recipe uses 1/4 tsp salt. Makes about 350 ml. Stir into yoghurt or spread on apple slices.

The method is a summary in our words — the video shows every step.

One portion (1 tbsp) gives you

1 OF 24 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
101 kcal	3.7 g	3.8 g	2.2 g	8.7 g	40 mg
420 kJ	7% of a day	1.6 g net · 0.8 g sugars	8% of a day	0.7 g saturated	2% of a day
		1% of a day		11% of a day	

Energy from net carbs 6% · protein 15% · fat 79% — fits keto: 1.6 g net carbs, 79% of the energy from fat

High in (20%+ of a day) Vitamin E 30%

Source of (10–19%) Magnesium 11%

Recipe and video: Clean & Delicious (@CleanandDeliciousDani) on YouTube — youtube.com/watch?v=Xr3vcPUcjs4, published 27 February 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/homemade-almond-butter-food-processor