

Homemade Honey Grahams Nut Butter

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6 cups toasted unsalted nuts (peanuts, almonds, pecans, walnuts or a combination of any listed)

2 tablespoons light-flavored olive oil

1 1/2 teaspoons salt

1/3 cup honey

1 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

crushed graham crackers (for garnish)

In the bowl of a large food processor, cover and process the nuts about 2 minutes, scraping down the sides as needed, until the mixture resembles fine crumbs and becomes slightly pasty.

Add the oil and the salt.

Add the honey, cinnamon and nutmeg.

Continue to process for 3 minutes more, scraping down the sides frequently, until creamy and smooth with only small lumps remaining. (Add more oil if necessary, to make spreadable.)

Transfer into a sealable container or clean glass jar with a lid and store in the refrigerator for up to two months.

Prior to serving, sprinkle with crushed graham crackers, if desired.

Yield: 3 1/2 cups

Per Serving (excluding unknown items): 318 Calories; trace Fat (0.7% calories from fat); trace Protein; 86g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3202mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat; 5 1/2 Other Carbohydrates.