

Homemade White Chocolate Strawberry Nut Butter

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

1/4 to 1/3 cup light-flavored olive oil

1 1/2 teaspoons salt

1/3 cup strawberry preserves

1/4 cup shaved white chocolate

dried strawberry pieces (for garnish) (optional)

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 strawberry preserves and white chocolate.

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.

Before serving, top with dried strawberry pieces, if desired.

Yield: 3 1/2 cups

Per Serving (excluding unknown items): 232 Calories; trace Fat (0.7% calories from fat); 1g Protein; 62g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3236mg Sodium. Exchanges: 4 1/2 Other Carbohydrates.