



RAW WALNUT BUTTER

2 TBSP = 1 SERVING

INGREDIENTS

2 CUPS WALNUTS

1/4 TSP + PINCH OF SALT

FILTERED WATER

**1-2 TBSP ORGANIC UNREFINED COCONUT OIL,
MELTED**

1/4 TSP CINNAMON, OPTIONAL

METHOD

PLACE WALNUTS IN A BOWL; SPRINKLE WITH 1/4 TSP SALT AND COVER WITH WARM WATER. ALLOW TO SOAK 8 HOURS. RINSE AND DRAIN NUTS, PLACE IN HIGH SPEED BLENDER OR FOOD PROCESSOR. ADD PINCH OF SALT, MELTED COCONUT OIL, AND CINNAMON (IF DESIRED). BLEND ON HIGH UNTIL NUT BUTTER CONSISTENCY IS ACHIEVED.