

# Homemade Walnut Butter



An easy homemade walnut butter recipe, where your food processor does all the work. Optional and tasty additions include sea salt, honey, and coconut oil. This homemade walnut butter is wonderful. It is tasty, creamy, and perfect for breakfast or as a filling snack. And you'll only need a few simple ingredients to make it.

## INGREDIENTS

3 cups raw shelled walnuts (12 oz)

Optional:

1/4 teaspoon sea salt

2 tablespoons honey

2 tablespoons coconut oil

## INSTRUCTIONS

If you'd like to toast the walnuts, preheat your oven to 350 degrees F. Spread the walnuts on a rimmed baking sheet. Toast until fragrant, 8-10 minutes. Allow to slightly cool.

Transfer the walnuts to your food processor. Process on high, stopping 3-4 times to scrape the sides with a spatula and allow the food processor to rest, until smooth and creamy, 10-15 minutes.

If using the optional additions, now is the time to add the sea salt, honey and coconut oil to the food processor. Process until smooth and fully incorporated, 1-2 more minutes.

Keep the walnut butter in an airtight container. I keep it on the kitchen counter, but I use a little every day so it only lasts about a week. If you plan to store the walnut butter for longer, I suggest storing it in the fridge. If stored **at room temperature, some oil separation will occur – stir before using.**