

CHAI SPICED ALMOND BUTTER



MAKES 14 OZ

PREP TIME: 5 MINUTES

COOK TIME: 35 MINUTES

TOTAL TIME: 40 MINUTES

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

3 cups raw almonds
2 TBSP maple syrup
1 ½ tsp cinnamon
1 tsp ginger
½ tsp cardamom
½ tsp nutmeg
¼ tsp cloves
Dash of sea salt
2-3 tsp coconut oil
2 TBSP Chia Seeds
1 tsp vanilla extract

METHOD

Preheat oven to 300 degrees.

Prepare for roasting by adding raw almonds to a medium sized bowl with maple syrup and chai spices. Mix together ensuring all almond are coated. Place on a parchment paper lined baking sheet and roast in 300-degree oven for 20-25 minutes, turning and repositioning almonds at the halfway point.

Remove from oven and allow to rest for 5-10 minutes. Next, add roasted almonds to a high speed blender or food processor. Reserve ¼ cup of whole almonds if you prefer a chunky almond butter.

Blend on high for 5 minutes, scraping the sides of the container as needed. Almonds should go from a flour-like consistency to a thick buttery texture. Then add the coconut oil, chia seeds, and vanilla extract. Continue to blend to a texture of your choice, I like mine to be creamy enough to drip from a spoon.

Roughly chop remaining almonds, if reserved, and fold into almond butter with a spoon.

Spoon almond butter into a container, keep tightly sealed at room temperature for up to 1 week or in the fridge for 1-2 months.

NOTES:

If you don't have all the spices on hand, you can simplify with cinnamon only or use a pre-made chai blend, just be sure there is no added sugar!

*The time to reach ideal texture can vary depending on the quality of your blender or food processor, be patient, blending and scraping, adding additional coconut oil 1 tsp at a time as needed!

NUTRITION:

Serving Size: 1 TBSP Calories: 72 Fat: 6 g Saturated Fat: 1 g Sodium: 16 mg

Carbohydrates: 4 g Fiber: 2 g Sugar: 1 g Protein: 2 g