



GLASSES
GOES
GLUTEN
FREE



MAPLE PECAN BUTTER

RICH, PECAN BUTTER SPICED WITH MAPLE & CINNAMON

YOU WILL NEED:

- 3 cups raw pecans (pieces or whole - Sometimes you can find pieces for a cheaper cost)
- 3 Tablespoons maple syrup
- 1 Tablespoon coconut oil
- ¼ teaspoon cinnamon
- ¼ teaspoon salt

- 1 Melt 1 Tablespoon of coconut oil and 3 Tablespoons of maple syrup into a small bowl in the microwave - this should only take about 20 seconds. - Set aside.
- 2 Place 3 cups raw pecans into your Vitamix (could also use a food processor - this will increase processing time)
- 3 Start your Vitamix on a low setting and slowly turn up to the highest setting.
- 4 Using your tamper, keep pushing down pecans in all four corners of machine. You should start to notice your pecans turning into a smooth puree. After a total of about 3 minutes, pecans should be smooth and look like a thicker liquid. Be careful not to over-process as batch will not turn out.
- 5 Using a rubber scraper, scrape pecan puree into a bowl and add melted coconut oil/syrup, cinnamon, and salt. Stir until well blended.