

# Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

## Almond Butter

### Ingredients

*250g of raw almonds*

*1 tsp coconut oil (optional)*

### Method

This almond butter is so versatile. Spread it on the coconut bread or use it as a base for almond gravy.

1. In a food processor or equivalent, place the raw almond and the coconut oil.
2. Process until it forms a butter consistency.
3. Transfer to an airtight jar and keep refrigerated.



**Preparation Time:** 10 minutes

**Cooking Time:** 0 minutes

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**Makes** 1 jar

For more recipes and information on living the low carbohydrate lifestyle find us at:

[www.goodtoeat.com.au](http://www.goodtoeat.com.au)