

Homemade Almond & Cashew Butter

Hands-on 10-15 minutes Overall 10-15 minutes

Nutritional values (per 1 tbsp, 16 g/ 0.5 oz): Total carbs: 2.7 g, Fiber: 1 g, **Net carbs: 1.7 g,**

Protein: 2.6 g, Fat: 9.7 g, Calories: 103 kcal,

[Original recipe, Keto Diet App - The ultimate low-carb diet app](#)



Ingredients (makes about 1 cup/ 250 g/ 8.8 oz)

1 cup almonds, blanched or natural (150 g/ 5.3 oz)

1/3 cup cashew nuts (50 g/ 1.8 oz)

4 tbsp almond *or* macadamia nut oil *or* coconut oil

optionally: pinch of salt, seeds from 1 vanilla bean or 1/2 tsp cinnamon

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Instructions

1. I used blanched almonds but you can use whole almonds. Both the almonds and cashew nuts should be unsalted.
2. Preheat the oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional). Spread the almonds and cashews over a baking sheet and place in the oven for 12-15 minutes. Keep an eye on the nuts. If they get burnt, they will have an unpleasant bitter taste.
3. When done, remove from the oven and set aside to cool down. Place the nuts into a food processor and using a grating blade pulse until smooth - this may take some time, so be patient. You can reserve some chopped nuts for later to create a chunky texture.
4. At first, the mixture will be dry. Scrape down the sides of your processor several times with a rubber spatula if the mixture gets stuck on it.
5. Add the oil.
6. Keep blending until you reach the desired consistency. This could take 5-15 minutes depending on which food processor you are using. You don't need to use the oil but I prefer to add some to create a smoother texture.
7. Spoon the butter in a glass container or a jar. Enjoy straight from the jar or use to make healthy low-carb treats.
8. to store, keep refrigerated for up to 3 months or at room temperature for up to 2 weeks.