

# Foolproof Homemade Coconut Butter

Hands-on 10 minutes Overall 10 minutes

**Nutritional values (per 2 tbsp, 32 g / 1.1 oz):** Total carbs: 6.7 g, Fiber: 4.8 g, **Net carbs: 1.9 g**,

Protein: 1.9 g, Fat: 17.6 g, Calories: 180 kcal,

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



## Ingredients (makes ~ 1 1/4 cup / 300 g / 10.6 oz)

4 cups unsweetened [shredded coconut](#) or 5 cups [flaked coconut](#)

(300 g/ 10.6 oz)

1/4 tsp salt (I like [Pink Himalayan](#))

*optionally:* 1/2 tsp [vanilla powder](#) or [cinnamon](#)

## Instructions

1. Place the coconut - shredded or flaked - in a food processor (I use this [Kenwood mixer](#) with a food processor attachment that includes the "S blade").
2. Start processing until desired consistency is reached. If you use enough coconut, you won't need to scrape it from the sides. Here is how the coconut looks before blending and after a minute... After 3-5 minutes... After 7-8 minutes... I add the salt at this point and just pulse for a few more seconds to mix it in. When the coconut butter is done, it will be runny and will solidify as it cools down. Just like coconut oil, coconut butter is solid at room temperature and becomes runny at 24 °C/ 76 °F. I store mine at room temperature for up to a month.

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