

Almond Butter

Diabetes Friendly

Items Needed: Food processor, baking sheet, measuring cups, measuring spoons

Makes: approx. 1.5 cup

Ingredients:

- 2 cups of sliced almonds
- 1-2 tsp maple syrup
- 1 tsbp canola or olive oil
- Salt to taste

Directions:

1. Preheat the oven to 400 degrees, lay your almonds out on your sheet tray and toast until slightly golden and fragrant. Approximately 5 minutes (if not golden after 5 minutes, check in 1-2 minute increments as they can burn quickly.)
2. Remove from the oven and allow to cool slightly, we want them to still be warm.
3. Add the almonds to a food processor along with the remaining ingredients (start with the smaller amount of oil/maple syrup and add more if needed.
4. Process until the almonds begin to break down into meal, stop and scrape down the side of the bowl, loosening any bits that are stuck together.
5. Puree until smooth and creamy. Adjust seasoning to taste.

Nutrition Information (per 1/12th recipe or 2 tbsp):

Calories: 101 Fat: 8.8 g Carbs: 3.7 g Protein: 3.2 g Fiber: 1.9 g Sodium: 12.3 mg

<https://wexnermedical.osu.edu/nutrition-services>

<https://wexnermedical.osu.edu/diabetes-endocrinology/diabetes-education>

