

AUTUMN ALMOND BUTTER

Autumn Almond Butter

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 9 (Serving= 2 Tablespoons)

Nutrition (per serving)

Calories: 158	Total Carbohydrate: 6
Total Fat: 14 g	Dietary Fiber: 3 g
Saturated Fat: 1 g	Total Sugars: 2 g
Sodium: 76 mg	Protein: 5 g

Ingredients

- 2 cups roasted salted almonds
- 2 teaspoons honey
- 3 teaspoons pumpkin pie spice

Directions

1. Place almonds in a high speed blender and blend for about 30 seconds. Scrape down sides.
2. Add pumpkin pie spice, blend for additional 30 seconds to 1 minute. Scrape down sides.
3. Add honey, blend for 15 more seconds.
4. Store in airtight container in the refrigerator to prevent separating.

Serving ideas: Stir in 100% pure pumpkin and almond butter to make autumn oatmeal. Serve with apples or pears. Make a whole grain autumn almond butter and banana sandwich.