**Raw Nut Butter**

**24 servings**

**10 minutes**

• 1 cup almonds

• 1 cup macadamias

• 1 cup pecans

• 4 T pepitas

• 4 T sunflower seeds

• 4 T hemp seeds

• 1 T coconut oil, cacao butter or coconut mana

• 1 T flax seeds

• 1 T chia seeds

• 1 tsp cinnamon or cinnamon chips

• ½ tsp Himalayan salt

**optional additions:**

• ⅓ cup local honey, stevia, maple syrup or medjool dates

• ¼ tsp cardamom

• ¼ tsp nutmeg

• Add all ingredients into a food processor. Save some nuts for the end if you prefer crunchy.

• Process for 7-10 minutes until consistency is reached. For crunchy texture add in and pulse 1-2 times.

*Tips:*

• Depending on the quality of your food process, processing duration may vary.

• Add in sweeteners as desired.