

# Nut Butter Morsels





## What are Nut Butter Morsels?

Nut butter morsels are small, bite-sized treats made from nut butters combined with other ingredients to create a delicious and nutritious snack. These morsels can be customized with various flavors, sweeteners, and add-ins to suit different tastes and dietary preferences.

### Benefits of Nut Butter Morsels

1. **Nutritional Boost:** Nut butters are rich in healthy fats, protein, and essential vitamins and minerals, making these morsels a nutritious snack option.
2. **Energy Boost:** They provide sustained energy due to the combination of fats, protein, and natural sugars.
3. **Customizable:** You can adjust the flavor, sweetness, and texture to suit personal preferences or dietary needs.
4. **Convenience:** Nut butter morsels are easy to make, store, and carry, making them a convenient snack or energy bite.

### Shelf Life and Storage Guidelines

- **Shelf Life:** Nut butter morsels typically last from 1 to 2 weeks at room temperature. For longer shelf life, store them in the refrigerator where they can last up to 1 month.
- **Storage:** Store morsels in an airtight container to maintain freshness and prevent them from drying out. Glass jars, plastic containers, or resealable bags work well.
- **Freezing:** For extended storage, nut butter morsels can be frozen. Place them in a freezer-safe container or bag, and they can last up to 3 months.

### Preparing Nut Butter Morsels: Step-by-Step

1. **Choose Your Nut Butter:** Select your preferred nut butter as the base. Common options include:
  - **Almond Butter:** For a slightly sweet and nutty flavor.
  - **Peanut Butter:** For a classic taste and creamy texture.
  - **Cashew Butter:** For a smooth and mild flavor.
2. **Gather Additional Ingredients:**
  - **Sweeteners:** Such as honey, maple syrup, or agave nectar to add sweetness.
  - **Add-ins:** Options include chocolate chips, dried fruit, seeds, or nuts for added texture and flavor.
  - **Flavorings:** Such as vanilla extract, cocoa powder, or spices like cinnamon for additional taste.
3. **Mix Ingredients:**
  - **Combine Nut Butter and Sweetener:** In a mixing bowl, combine your chosen nut butter with the sweetener. Start with a small amount and adjust to taste.
  - **Incorporate Add-ins and Flavorings:** Mix in any additional ingredients or flavorings. Stir until well combined.
4. **Form Morsels:**
  - **Shape:** Using your hands or a small scoop, form the mixture into bite-sized balls or morsels. The size can vary based on preference, but typically 1-inch (2.5 cm) diameter balls work well.
  - **Chill:** Place the formed morsels on a parchment-lined tray and refrigerate for at least 30 minutes to firm up.
5. **Package and Store:**

- **Package:** Once firm, transfer the morsels to an airtight container. Store at room temperature for short-term use or refrigerate for longer storage.
- **Label:** Label with the date and ingredients used. If freezing, indicate that on the label as well.

### Additional Tips

- **Texture:** Adjust the texture by adding more or less nut butter or sweetener. If the mixture is too dry, add a bit more nut butter; if too sticky, add a bit of powdered ingredients like cocoa powder or powdered sugar.
- **Variety:** Experiment with different nut butters and add-ins to create a variety of flavors and textures.
- **Allergy Considerations:** For those with nut allergies, consider using seed butters (like sunflower seed butter) as an alternative.

## Tools / Ingredients

- Powdered Herbs
- Powdered spices or cocoa powder
- Nut butter of choice
- Honey (optional)
- Unsweetened dehydrated shredded coconut (optional)
- Mixing Bowl & Spoons
- Airtight Container

**NUT ALLERGY!!! - TRY SUNFLOWER SEED BUTTER OR TAHINI INSTEAD**