

ULTIMATE MIXED NUT BUTTER

Nutrient-Dense. Homemade. Intentional.



RECIPE NOTE: The original batch I made was much larger and yielded about two of the large jars pictured. This recipe card is a half batch that is more practical for home kitchens and smaller blenders or food processors.

INGREDIENTS

- 1 lb peanuts (unshelled)
- 1 lb almonds
- 1 cup Brazil nuts
- ½ lb pumpkin seeds
- ½ cup black sesame seeds
- ½ cup white sesame seeds
- ¼ cup raw honey
- 2 tbsp coconut oil
- 1 tsp salt



DIRECTIONS

- 1 Preheat oven to 375°F (190°C).
- 2 Spread peanuts, almonds, Brazil nuts, and pumpkin seeds on a large baking sheet. Roast for 30 minutes, tossing halfway after 15 minutes.
- 3 In a separate pan, spread black and white sesame seeds. Toast at 375°F (190°C) for 10 minutes, stirring halfway through.
- 4 Remove all nuts and seeds from the oven and let them cool completely.
- 5 Transfer everything to a high-powered blender or food processor. Blend until the mixture breaks down.
- 6 Add honey, coconut oil, and salt. Continue blending until smooth and creamy, scraping down the sides as needed. Store in clean, sterilized jars.



TIPS: For a smoother texture, blend longer and be patient. If needed, add a little more coconut oil (1 tsp at a time) while blending.

NUTRITION FACTS

(PER 2 TBSP / ~30g)

Amount Per Serving		% Daily Value*
Calories	190	
Total Fat	16g	21%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	60mg	3%
Total Carbohydrate	6g	2%
Dietary Fiber	2g	7%
Total Sugars	3g	
Includes 2g Added Sugars		4%
Protein	6g	12%
Vitamin D	0mcg	0%
Calcium	60mg	4%
Iron	1.3mg	7%
Potassium	180mg	4%
Magnesium	80mg	19%
Zinc	1.2mg	11%
Selenium	10mcg	18%
Vitamin E	2.5mg	17%

*Percent Daily Values are based on a 2,000 calorie diet.

NUTRITIONAL HIGHLIGHTS



Excellent source of healthy unsaturated fats for energy and satiety.



Good source of plant-based protein and dietary fiber.



Naturally rich in magnesium from pumpkin seeds, almonds, and sesame seeds.



A natural source of selenium from Brazil nuts.



Provides zinc from pumpkin seeds and sesame seeds to support immune health.



Contains vitamin E from almonds, a powerful antioxidant.

Made with real, whole foods. No unnecessary additives. Just nourishment in every spoon. ♥ Samantha Stiell