

MAPLE CINNAMON ALMOND AND SEED BUTTER

Recipe by Stanford Health Improvement Program

Ingredients

- 2 cup raw almonds
- 2 Tbsp whole flax seeds
- 1 Tbsp chia seeds
- 2 Tbsp maple syrup
- 1 tsp ground cinnamon
- 1/8 tsp salt
- 1.5 tsp vanilla extract

Directions

1. Preheat oven to 300F (toaster oven ok) and line a baking sheet with parchment paper.
2. In a medium sized bowl, mix together almonds, flax, hemp, chia seeds and maple syrup. Stir to make sure all the nuts and seeds are coated. Spread mixture on baking sheet and bake for 30 mins, stirring once halfway through.
3. Remove from the oven and allow to cool (this step can be done overnight).
4. When ready to blend, place mixture in food processor or high-powered blender and blend for 8-10 mins, until the mixture is creamy and smooth. If using a blender, you will need to stop and scrape down the mixture often.
5. Add in vanilla, salt, cinnamon and process again.

Makes 1 and ¼ cup- 10 servings, 2 Tbs per serving.