

The Homemade Peanut Butter Recipe

Find it Online: www.angelaandjames.com



Serves: 1 Family Prep Time: 5 minutes

INGREDIENTS:

- ~ 1 lb unsalted, dry roasted peanuts
- ~ ½ t natural sea salt
- ~ 1 T raw, unprocessed honey
- ~ ½ t extra virgin, cold pressed peanut oil

TOOLS:

Kitchen Scale
Food Processor
Stainless Steel Measuring Spoons
16 oz Wide Mouth Mason Jars

INSTRUCTIONS:

1. Weigh peanuts on kitchen scale.
2. Place multi-purpose/s blade attachment into food processor.
3. Pour peanuts and salt into food processor.
4. Blend for 3 minutes.
5. Pour honey into food processor (to taste).
6. Blend for 1 minute.
7. Pour peanut oil into food processor.
8. Blend for 1 minute.
9. Transfer peanut butter to airtight wide mouth mason jar.
10. Refrigerate for one hour. Enjoy.

NUTRITIONS FACTS (2 T serving size): Calories 186 Carbs 6.28 g Fat 15.9 g Protein 8.08 g
Cholesterol 0 mg Sodium 88.74 mg Fiber 2.66 g Sugar 2.71 g Calcium 2.89% Iron 7.99%
Potassium 221.36 mg Vit A 0% Vit C 0.01% Vit D 0%

Hello Friend 😊

Thanks for visiting our little space on the internet.

We hope you enjoyed this recipe. Please share your creation with our community.

Tag us on Instagram [@angela.and.james](https://www.instagram.com/angela.and.james)

