

Cinnamon Almond Butter

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 2 cups whole natural almonds
- 3 tablespoons ground cinnamon
- Pinch sea salt
- Roasting almonds brings out the flavour and heightens the crunch, but of course you can skip the roasting process altogether. It's really up to you!

Instructions:

1. Preheat oven to 300°F.
2. Place almonds on a baking sheet covered with parchment paper. Roast almonds for 10-12 minutes, stirring once halfway through, to ensure they don't burn. Remove from heat and allow to cool.
3. When cooled, place roasted almonds in the bowl of a food processor along with the cinnamon and sea salt. Pulse until creamy smooth. Depending on your food processor this may take a few minutes. My food processor takes just over 2 minutes to process into a creamy texture.
4. Transfer to a glass jar with a tight lid and refrigerate up to two weeks.

Notes:

This makes just a little over a cup of almond butter.