



# SPICED ALMOND BUTTER WITH HONEY & SEA SALT

 VEG, GF, RSF

 10 mins

 12



## Ingredients

- 2 cups roasted almonds
- 1½ tsp cinnamon
- ½ tsp sea salt (*fleur de sel*)
- 2 tbs honey



## Method

1. Place the 2 cups of almonds in a food processor and blend until smooth. This will take about 7 minutes.
2. Add the sea salt and cinnamon and blend for a further 30 seconds to combine.
3. Remove the almond butter from the food processor and place into a jar for storing.
4. Drizzle the honey on top of the almond butter and slightly mix the honey through so the swirls of honey remain.

\* Don't be tempted to add the honey to the food processor while blending! I tested it this way and at high speed the honey combines with the oils from the almonds and creates a firm crumbly mix... delicious, but not easy to spread. Instead stir the honey through at the end. I did however use the failed almond butter crumbs on top of yoghurt and poached fruit the next day and they were delicious.

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