MAPLE CINNAMON ALMOND AND SEED BUTTER

Ingredients

- 2 cup raw almonds
- 2 tablespoons whole flax seeds
- 1 tablespoon chia seeds
- 2 tablespoons maple syrup
- 1 teaspoon ground cinnamon
- ⅛ teaspoon salt
- 1 ½ teaspoon vanilla extract

Directions

1. Preheat oven to 300°F (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 minutes, 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 minutes, 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 ¼ cup, which is 10 servings, 2 tablespoons per serving.