



# Ashley's Meal Prep Monday!



## *Homemade Peanut Butter*

### INGREDIENTS

3 cups dry roasted  
unsalted peanuts  
¼ TSP fine sea salt

Optional:

1-3 TSP honey or  
maple syrup  
1/4 TSP cinnamon

Transfer peanuts to a food processor. Blend until the mixture is completely smooth and creamy, pausing to scrape down the sides as necessary - takes about 10 minutes total. The peanuts will go from flour-like clumps to a ball against the side of the food processor and finally the mixture will turn really creamy. If the mixture gets hot along the way or your food processor seems tired, stop and let it cool a couple of minutes.

Once creamy, add a pinch or two of salt, cinnamon and honey or maple syrup (starting with 1 TSP and adding as you go for your own level of sweetness). The honey will thicken the peanut butter a little - keep blending until it's exactly how you want it.

Let the peanut butter cool to room temp then transfer the mixture to a mason jar and screw on a lid!

Recipe: [www.cookieandkate.com](http://www.cookieandkate.com)

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