

# CALIFORNIA WALNUT BUTTER



*Walnut butter is very easy to make, and offers a variety of convenient applications. Spread on crostini and garnish with a slice of fruit or fresh herbs for an elegant appetizer, or use it as a dip for crisp vegetables for a quick snack.*

**Servings:** 8      **Yields:** 1 cup

## INGREDIENTS

- 2 cups walnuts
- ¼ teaspoon salt
- 2 teaspoons walnut or vegetable oil (or as needed)

### Optional, to taste:

- A little honey
- A little cinnamon

Visit [www.walnuts.org](http://www.walnuts.org) for more recipes.



## INSTRUCTIONS

*You can make walnut butter using raw, soaked or toasted walnuts. Here's how to do all three, and why they're different.*

### **Raw walnuts:**

Use raw walnuts for a very creamy and smooth texture that tastes like a just shelled walnut.

### **Soaked walnuts:**

This method will remove some of the tannin from the walnut skin, and offer a more textured walnut butter. Soak walnuts overnight, drain and discard the water. Then, toast the walnuts in a single layer on a baking sheet at 350°F for up to 15 minutes to dry them out (don't let them get dark!). Cool the walnuts before making them into butter.

### **Toasted walnuts:**

To enhance the sweet, nutty flavor of walnuts, toast them before making them into butter. Walnut butter with toasted walnuts will provide a coarse textured finished product. Toast walnuts in a single layer on a baking sheet at 350°F for 8 to 10 minutes, or until fragrant. Cool the walnuts before making them into butter.

### **To make the butter:**

Make walnut butter by putting the walnuts in the bowl of a food processor and grinding them until they become sticky or paste-like. Add the salt. Add the oil, a little bit at a time until the walnut butter binds together. If you like, add small touches of honey and/or cinnamon to taste.

**Recipe Courtesy of:** Mollie Katzen

**NUTRITION INFORMATION:** 174 Calories, 17g Total Fat, 1.7g Saturated Fat, 2.5g Monounsaturated Fat, 12.5g Polyunsaturated Fat, 0g Trans Fat, 0mg Cholesterol, 73mg Sodium, 3g Total Carbohydrate, 2g Dietary Fiber, 4g Protein