



## Better Than Store-Bought: Homemade Cashew Butter

If you've ever looked at a \$12 jar of nut butter and thought, are you kidding me? This homemade cashew butter proves that creamy, dreamy spreads don't need extra oils, sugars, or preservatives—or a big price tag—to be delicious. With just cashews, a pinch of salt, and a food processor, you'll have a jar of smooth perfection for a fraction of the cost.

I make mine for salad dressings, smoothies, and baked goods—but if you want to spread it on sour dough toast with avocado, go for it!

### Ingredients

- 2 cups raw cashews (unsalted)
- 3 cups boiling water
- Mineral or sea salt, to taste (I start with a pinch or two)

### Instructions

- 1. Soak the Cashews**  
Add cashews to 3 cups of boiling water in a small pot. Turn off the heat and cover for about 20 minutes to soften. Drain well.
- 2. Blend It Up**  
Transfer the cashews to a food processor. Add salt. Process for 7–10 minutes, pausing occasionally to scrape down the sides of the bowl.
- 3. Keep Going**  
The mixture will look crumbly at first—don't panic. Keep processing until it turns into a smooth, creamy butter. (This part always feels a little magical.)
- 4. Store or Serve**  
Transfer your finished cashew butter to a glass jar and store it in the fridge. It'll thicken slightly as it cools but stay perfectly spreadable.  
*Tip:* Cashew butter also freezes well for up to 3 months—just portion it into small jars, leave a little room for expansion, and thaw overnight in the fridge when you're ready to use it.

### Tips & Serving Ideas

- Use in smoothies, salad dressings, or healthy baked goods.
- Spread on toast with sliced avocado or banana for a quick, protein-rich snack.
- Add a pinch of Ceylon cinnamon or vanilla powder for a subtly sweet twist.