

Homemade Peanut Butter

You'll need:

- 🐾 200g peanuts, shelled
- 🐾 1tblsp vegetable oil

Method:

- 🐾 Preheat the oven to 350°F 180°C ,Gas 4.
- 🐾 Toss the nuts in the oil, place onto a baking tray in a single layer
- 🐾 Roast for about 10 mins. You can skip this step if you're using pre-toasted nuts; roasting gives the peanut butter a deeper flavour and also helps make the oils looser and easier to blend into a smooth butter.
- 🐾 Empty the nuts into a food processor and run continuously for 1 min. Stop and scrape down the sides and bottom of the bowl. At this point, the peanut butter will look gritty and dry, almost like couscous.
- 🐾 Run the food processor or blender continuously for another minute, then stop and scrape down the sides. At this point, the butter will start clumping together. It's not quite peanut butter, but it's getting there!
- 🐾 Run the food processor or blender continuously for another minute or two, then stop and scrape down the sides. At this point, the butter will be glossy and soft, like very thick peanut butter.
- 🐾 Continue processing the butter until it becomes completely smooth. Homemade peanut butter will still be a little more gritty than supermarket peanut butter, but should be spreadable at this point.
- 🐾 Scrape the peanut butter into a storage container, cover, and refrigerate.

Storing:

The peanut butter can be used immediately and will keep for several weeks in the fridge.

The nuts used must be unsalted and not have any additional flavourings and colours.

The nuts do not have to be skinned, I have never had a dog complain about the red skin still being on when the peanut butter was made!

