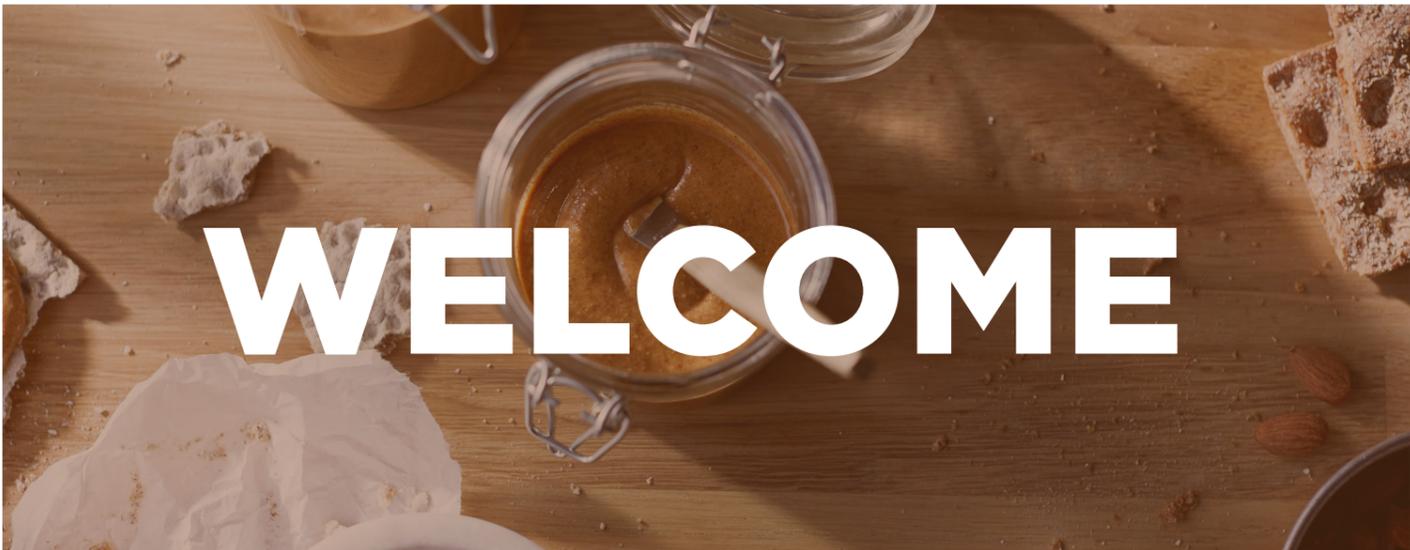




**MAKE
YOUR
OWN
NUT & SEED
BUTTERS**



WELCOME



The power of the Vitamix machine makes it easy to create your very own plant-based, nutrition-packed nut and seed butter at a fraction of the cost of store-bought. Even better, you know exactly what's in them, and they will taste so much better.

This guide will give you plenty of hints & tips to get the most from your blends as well as recipes and serving suggestions to inspire you to get going right away.





TIPS & TECHNIQUES

Making nut butter in your Vitamix is easy once you get the hang of it. Once you've mastered the technique, you can apply it to any other nut or seed blends — from macadamia to brazil, from sesame to sunflower and everything in between.

Before you get started, here are some helpful techniques to set you up for success.

PREP AND INGREDIENTS:

- Peanuts, pecans, brazils, and macadamias have more natural oils than other nuts, making for a creamier result. As a first go, try peanuts which are the easiest to achieve a creamy texture without oil
- If you want to start with almonds which have less natural oil, consider mixing with cashews, pecans, brazils and any type of seed
- Roasting the nuts will help them release their natural oils, giving you a deeper flavour and creamier texture. Roast on a baking sheet at 175°C (350°F) for 13 minutes and cool completely before blending for best results. TIP: Remove the nuts from the roasting tray and cool them in the fridge for an hour or overnight outside the fridge.

BLENDING:

- Measure out your ingredients – using a full-size (2L) container, you'll need at least 600g (4 cups) nuts to get the blend going (if you have an Explorian machine or a 1.4L container you will need 3.5 cups)
- Turn the machine on at variable 1 and quickly increase to 10 — you need serious power here
- Use the tamper immediately to push the mixture from each corner towards the blades. It'll help avoid air pockets and make the blend more creamy

- Use the sound of the machine as your guide – it'll start by grinding the nuts for approx. 1 minute (grinding sound), then while you're tamping each corner, it will begin to squeal a bit. Don't worry — this is your machine getting to work, and it loves it. When your blend is ready, the sound will become low & chugging. Immediately stop tamping, leave the tamper in the middle for 5 seconds and stop the machine
- The whole process should take no more than 2 minutes

CLEANING & STORAGE:

- Straight after you've made your butter, why not use the container to make a smoothie or nice cream to make the most of any residue inside the container
- After that, run a cleaning cycle, give it a quick brush inside and then run one more cycle to finish the job. Remember to do this straight after blending
- Although it might seem like you're using a lot of nuts or seeds, homemade nut butter stores brilliantly in a clean container in the fridge for up to four weeks, they also freeze well.

NOW LET'S GET STARTED!

PEANUT BUTTER

 **TOTAL TIME:**
6 MINUTES

 **SERVES:**
24 PEOPLE

 **YIELD:**
720 ML

This classic spread contains just one ingredient — peanuts — and is the perfect way to practise your nut butter making skills.

INGREDIENTS:

- 600 g (4 cups) peanuts, roasted, unsalted

DIRECTIONS:

1. Pour nuts into the Vitamix container and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, using the tamper to push the ingredients into the blades.
4. In 1 minute, you will hear a high-pitched sound. Once the butter begins to flow freely through the blades, the motor sound will change from a high pitch to a low chugging sound. Stop machine.
5. Store in an airtight container in the fridge for up to three weeks. It can also be frozen for longer storage.

TOP TIPS:

Use this basic method with any nut or seed mix — the important thing to get right is the volume of ingredients (no less than 600g for a full-size container) and the tampering technique.

If your nut butter isn't creamy enough for you, you can add some flavourless oil — anything from 1 teaspoon to ¼ cup (60ml). Try coconut oil, rapeseed oil, avocado oil or flaxseed oil. Add after blending the nuts.

If you'd like to add a little sweetness, honey, maple syrup or cinnamon work well. Again, add to taste and stir in by hand after you've blended the nuts.





CHOCOLATE HAZELNUT SPREAD

 **TOTAL TIME:**
12 MINUTES

 **SERVES:**
20 PEOPLE

 **YIELD:**
720 ML

Once you've got the hang of the technique, it's time to experiment with some popular combinations. This is fantastic spread over toast for an indulgent breakfast or served in crêpes with strawberries.

INGREDIENTS:

- 60 g (¼ cup) peanut oil
- 400 g (3 cups) hazelnuts, toasted, skinless
- 150 g (1 cup) milk chocolate chips
- 150 g (1 cup) dark chocolate chips

DIRECTIONS:

1. Place the peanut oil and hazelnuts into the Vitamix container in the order listed and secure the lid
2. Start the blender at its slowest speed, then increase to Variable speed 8 and remove the lid plug.
3. Insert the tamper and press the ingredients towards the blades
4. After about 1 minute, when a smooth butter has formed, add the chocolate a little at a time through the lid plug opening, tamping only if necessary
5. Once all of the chocolate has been added, increase speed to its highest setting and run for an additional 20-30 seconds
6. Cool in refrigerator to thicken before serving

TOP TIPS:

Make a hot chocolate or chocolate milkshake drink in the container afterwards to make the most of those tasty leftovers. add to taste and stir in by hand after you've blended the nuts.

MOCHA ALMOND BUTTER

 **TOTAL TIME:**
15 MINUTES

 **YIELD:**
300G

Transform almond butter with a coffee kick. A perfect morning spread or topping for a smoothie bowl

INGREDIENTS:

- 300g almonds
- 2tbsp cacao powder
- 1tbsp espresso powder
- 1tsp vanilla extract
- 1 ½ tsp salt

DIRECTIONS:

1. Roast the almonds at 175°C (350°F) for 13 minutes and allow to cool completely
2. Place the nuts in the Vitamix container and secure the lid. Start the machine on variable 1, and quickly increase to 10, using the tamper to push the mixture from the corners into the blades
3. Once you hear a chugging sound, add in the cacao and espresso powders, vanilla extract and salt and keep blending for a few seconds until incorporated
4. Transfer to a jar and store in the fridge for up to three weeks

CONTRIBUTOR:

@nourishingamy@hotmail.com

TOP TIPS:

After your butter is blended you can stir in extra ingredients like raisins and cacao nibs to add some texture and variety.

Now it's up to you - unleash your creativity with an endless range of combinations.

SOME IDEAS FROM US...

- Maple & peanut
- Coconut & almond
- Dark chocolate, sea salt & almond
- Chocolate vanilla & cashew,
- Maple, cinnamon, almond, hemp flax and chia
- Chai spiced almond





NO-NUT SEED BUTTER

 **TOTAL TIME:**
5 MINUTES

 **YIELD:**
580 ML

 **SERVES:**
2 1/4 CUPS

If you're avoiding nuts or would like to try something new, it's easy to make nutritious, creamy butters from all kinds of seeds using a very similar technique. Toast seeds lightly to release their natural oils and for maximum flavour. This mixed seed butter makes a great allergy-free snack with vegetable or crackers to dip. Store and enjoy in a similar way to nut butters.

INGREDIENTS:

- 330 ml (2 1/2 cup) sunflower seeds, unsalted
- 85 g (1/2 cup) flaxseed
- 35 g (1/4 cup) sesame seeds
- 120 ml (1/2 cup) sunflower oil
- 2 Tbsp honey, or another sweetener, to taste
- 1/2 teaspoon salt, optional

DIRECTIONS:

1. Place all ingredients into the Vitamix container in the order listed and secure the lid
2. Select Variable 1. Turn machine on and slowly increase speed to Variable 10
3. Blend for 1 minute 15 seconds, using the tamper to press the ingredients into the blades.

TAHINI

 **TOTAL TIME:**
7 MINUTES

 **SERVES:**
48 PEOPLE

 **YIELD:**
900 ML

Tahini is as versatile as it is delicious. Use it in homemade hummus, spread over warm toast, or as a sauce alongside a roasted spiced cauliflower.

INGREDIENTS:

- 705g (5 cups) sesame seeds, toasted

DIRECTIONS:

1. Place sesame seeds into the Vitamix container and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed.
3. Blend for 2 to 3 minutes, using the tamper as necessary to press ingredients toward the blades.





Get started and get inspired at [Vitamix.com](https://www.vitamix.com)