

# Homemade Peanut Butter

16 Servings • 1 Serving = 2 Tablespoons



## INGREDIENTS

- 2 cups dry-roasted, shelled peanuts
- ½ teaspoon kosher salt
- 1-2 teaspoons peanut oil or other oil
- 1-2 teaspoons honey
- Optional: 1-2 teaspoons cocoa powder

## DIRECTIONS

1. Place peanuts blender or food processor and blend until they break down.
2. Stop and scrape down the sides. Add the salt, oil, honey, and cocoa powder.
3. Continue blending for 1-2 minutes, until the mixture becomes completely smooth.

## Nutrition Facts

16 servings per container	
<b>Serving size</b>	<b>2 Tablespoons</b>
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 60mg	3%
<b>Total Carbohydrate</b> 4g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 4g	
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 11mg	0%
<b>Iron</b> 0mg	0%
<b>Potassium</b> 116mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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