

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Homemade Peanut Butter

1 lb (16 oz) roasted peanuts; plain, salted, honey roasted

Run the peanuts in a food processor for about 5 minutes. No additional oil needed. Stop the processor and scrape down the sides as needed. As the nuts process and are warmed by the motor the natural oil will be released. Don't panic when it starts to resemble dough, just give it a couple more minutes. Once the peanuts are to the smooth consistency of your liking you can flavor it with honey, vanilla, cinnamon, cocoa powder or anything you chose.



For a different take on the brown bag PB&J, replace the J with fresh fruit like sliced strawberries, bananas, mango, apple, raspberries etc. then drizzle with honey. Or you can replace the bread with a spouted tortilla and send a small container of honey or pure maple syrup for dipping. Your kids will love the change!

Store in an airtight container in the fridge for up to 4 weeks.