

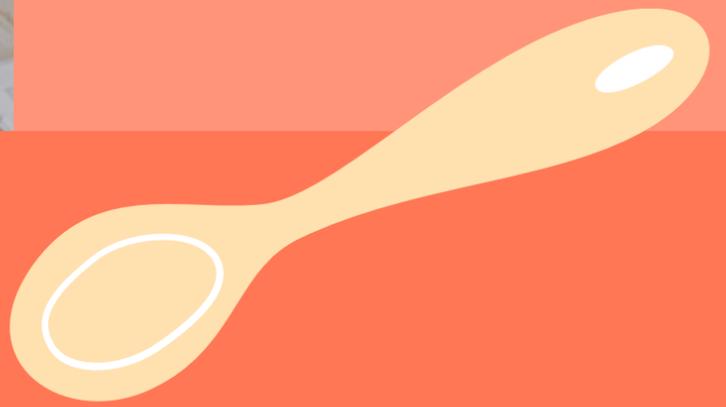
HOW TO MAKE YOUR OWN PEANUT BUTTER!

A step-by-step guide



PLAIN PEANUT BUTTER

For that original taste of nutty goodness



INGREDIENTS

- 2 cups (300 grams) unsalted peanuts
- 1/4 to 3/4 teaspoon kosher salt
- 1 to 2 teaspoons honey
- 1 to 3 teaspoons of vegetable oil, if needed



ROAST NUTS!

If you have an oven:

Preheat to 180 degrees Celsius. Roast nuts for 3 minutes, shake pan then roast another 3 to 5 minutes or until nuts are lightly browned and smell nutty (careful, they can burn quickly). Let cool until you can handle them.

If you have no oven:

Pour your nuts onto a flat pan. Put fire on medium heat and stir peanuts constantly for 10 minutes until nuts are lightly browned and smell nutty (careful, they can burn quickly).



BRING THE BLENDER!

Place the roasted peanuts into your food processor or blender. If your food processor or blender is small, you might have to add peanuts in 1/3 at a time.

Blend for 45 seconds to 1 minute then scrape sides of blender with a rubber spatula.

Blend another 2 to 3 minutes until the peanut butter is shiny and smooth.



FINAL TOUCHES!

Add your desired amount of salt and honey then blend until combined. (I added 1/2 teaspoon of salt and 1 1/2 teaspoons of honey).

Check the consistency. If it seems too thick, add oil, a teaspoon at a time, until you are happy with it.



CELEBRATE WITH BREAD!

You just made your own peanut butter! The impossible becomes possible. Enjoy your healthy treat and SUBSCRIBE to get the next exciting, healthy DIY idea on Get Fit KL!



STORING TIPS

Transfer the peanut butter to a food-safe container, cover, and then store in the refrigerator. (Can keep up to a month) If over the month the nut butter separates, use a spoon to stir it until it is well blended.

CHOCOLATE PEANUT BUTTER



For that chocolatey kick of flavour to the fundamentally yummy, nutty tones of peanuts.

INGREDIENTS

- 2 cups (300 grams) unsalted peanuts
- 1/2 teaspoon kosher salt
- 2 tablespoons of vegetable oil, as needed
- 1/2 cup (45 grams) unsweetened cocoa powder
- 1/2 cups (60 grams) sugar



ROAST NUTS

If you have an oven.

Preheat to 180 degrees Celsius. Roast nuts for 3 minutes, shake pan then roast another 3 to 5 minutes or until nuts are lightly browned and smell nutty (careful, they can burn quickly). Let cool until you can handle them.

If you have no oven.

Pour your nuts onto a flat pan. Put fire on medium heat and stir constantly for 10 minutes until nuts are lightly browned and smell nutty (careful, they can burn quickly).



BRING THE BLENDER!

Place the roasted peanuts into your food processor or blender. If your food processor or blender is small, you might have to add peanuts in 1/3 at a time.

Blend for 45 seconds to 1 minute then scrape sides of bowl with a rubber spatula.

Blend another 2 to 3 minutes until the peanut butter is shiny and smooth.



FINAL TOUCHES!

Add salt, cocoa powder, and sugar. Process another minute until blended and shiny.

Check the consistency. if it seems too thick, add oil, a teaspoon at a time, until you are happy with it.



CELEBRATE WITH BREAD!

You just made your own chocolate peanut butter! The impossible becomes possible. Enjoy your healthy treat and **SUBSCRIBE** to get the next exciting healthy DIY idea on Get Fit KL!



STORING TIPS

Transfer the peanut butter to a food-safe container, cover, and then store in the refrigerator. (Can keep up to a month) If over the month the nut butter separates, use a spoon to stir it until it is well blended.