

COCONUT BUTTER

INGREDIENTS

12-16 oz. shredded,
unsweetened coconut

2-4 tbsp coconut oil

dash of vanilla

pinch of sea salt

PROCEDURE

Blend the coconut in either a food processor or a high-speed blender until smooth, stopping to scrape down the sides as needed.

It can take anywhere from 3-18 minutes, depending on desired smoothness and your machine.

If your coconut just doesn't seem to want to turn into smooth butter for some reason, add a few tbsp coconut oil to the blender, and that should fix it.

After it is done, you can sweeten or add cocoa or other flavors as desired.

Stored in a covered container, leftovers will last a few months and need no refrigeration.

Coconut butter is solid at room temperature but will turn back to butter when heated - be sure to heat it gently so it does not burn.