

# AUTUMN ALMOND BUTTER

*Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 9 (Serving= 2 Tablespoons)*

## Nutrition (per serving)

Calories: 158

Total Fat: 14 g

Saturated Fat: 1 g

Sodium: 76 mg

Total Carbohydrate: 6 g

Dietary Fiber: 3 g

Total Sugars: 2 g

Protein: 5 g

## Ingredients

- 2 cups roasted salted almonds
- 3 teaspoons pumpkin pie spice
- 2 teaspoons honey



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## Directions

1. Place almonds in a high speed blender and blend for about 30 seconds. Scrape down sides.
2. Add pumpkin pie spice, blend for additional 30 seconds to 1 minute. Scrape down sides.
3. Add honey, blend for 15 more seconds.
4. Store in airtight container in the refrigerator to prevent separating.

Serving ideas: Stir in 100% pure pumpkin and almond butter to make autumn oatmeal. Serve with apples or pears.  
Make a whole grain autumn almond butter and banana sandwich.