

**Cashew Honey nut Butter**

Dairy free, vegetarian, vegan

**Ingredients**

4 ½ cups lightly roasted cashews

8 tbsp peanut oil

4 tbsp manuka honey

**Method**

Put cashews in a blender, stir in oil and honey, beat well to combine

This spreads best at room temperature, keep refrigerated just allow the amount you want to use to sit out a little before spreading

Nut butters can be made with various ingredients and used as thickeners and in place of recipes calling for soaked blended cashew nuts

Buy nut pieces instead of whole nuts to save