



-LEARNING COMMUNITY

Butter

Using whole foods and just a few ingredients, this recipe offers a tasty option.

- 2½ cups of corn
- 2- 4 dates
- ½ teaspoon of salt
- Approximately a ¼ cup of water to blend the ingredients

Optional: may want to add agar to thicken

or

- ¾ cup coconut butter or flakes
- ¼ cup of vegan milk – soy, coconut, hemp, or almond
- ¼ teaspoon of salt, miso, or nutritional yeast
- 1 tablespoon of coconut oil

For both place ingredients in a blender and run until it reaches desired consistency.

