



V-LEARNING COMMUNITY

Butter

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

- 2½ cups of corn
 - 2- 4 dates
 - ½ teaspoon of salt
 - Approximately a ¼ cup of water to blend the ingredients
- Note: microwaving the corn will make it easier to blend

A more traditional butter recipe

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

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

