



Homemade Cashew Butter for Vegans

This recipe is so easy and delicious, not to mention well-suited for a variety of allergies. It's easy, creamy, smooth, not stiff, but delicious and oil-free and takes just a few minutes to make! Use it in baking cookies or in savory sauces or soups. It gives the best flavor and creamy texture.

INGREDIENTS

2 cups (280g) raw, unsalted cashews (do NOT soak them!)
I use this food processor.

INSTRUCTIONS

Add the raw cashews to a food processor (not a blender!).

Cashews are very dry, with a low oil content, so they do not blend up well in a blender, even a Vitamix. You will want to keep going until the cashew butter is soft and flowy, almost like a frosting.

Process for 10 minutes or so, stopping every 3 minutes to scrape down the sides. The cashew butter will go through stages of thickness, and you will need to stop and push the cashews down the sides and break up the clumps a few times.

NOTE: I have an 11 cup food processor. But if you have a smaller processor (like a 7 cup) or a less powerful one, you will likely have large chunks forming and have to break up the clumps many, many more times in the beginning than I did. Be patient and do not add any liquid! It will take several more minutes, but just keep going until it gets to the paste stage.

Keep processing until it has a thick, creamy consistency, and then process even further until it is no longer stiff. Even when you think you are done, go more. It should drip off of a spoon. Again, if you have a small food processor, this could take several more minutes than mine did.

Before using in my dessert recipes, make sure it has cooled off to room temperature, as it will be quite warm. Store in an airtight container in the pantry for up to 2 weeks or in the fridge for up to 2 months.

<https://thevegan8.com/how-to-make-cashew-butter/>