

Get Lucky

RECIPE E-BOOK
FOR WHOLESOME
BAKERS & COOKS



WELCOME TO THE LUCKY RECIPE E-BOOK

We are proudly Australian and every Lucky pack is filled with only the tastiest, freshest and highest quality nuts and dried fruit, and that's why contributing author Jade from Panaceas Pantry, chooses to create these recipes with Lucky.

So if you're ready to bake, make it the best it can be and Get Lucky!



MEET YOUR AUTHOR, JADE

Contributing author Jade is a passionate naturopath, nutritionist, recipe developer and food photographer from Melbourne, Victoria. When not being a full-time mumma to her 3 daughters she is busy developing wholesome, allergen-friendly recipes on her blog, Panaceas Pantry, or working in her veggie garden. www.panaceaspantryblog.com





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**GLUTEN FREE
JAM DROPS
WITH ALMOND MEAL**



GLUTEN FREE JAM DROPS WITH ALMOND MEAL

MAKES: 18 **PREP:** 20 mins **BAKING:** 15 mins

INGREDIENTS:

JAM DROPS

1 cup **Lucky Almond Meal**
1 cup buckwheat flour
¼ cup tapioca flour
½ tsp salt
2 tsp vanilla paste
½ cup maple syrup
½ cup almond butter
2 Tbsp milk

CHIA JAM

¾ cup raspberries or blackberries
2 tsp chia seeds
1 Tbsp lemon juice
Splash water



METHOD:

1. Preheat oven to 180°C and line a biscuit sheet with paper.
2. To make the chia jam, add berries, lemon juice and water to a saucepan. Heat over medium for 2 minutes, then add chia seeds. Cook for 5 more minutes, stirring frequently. Turn off heat and set aside to thicken.
3. To make the biscuits, add almond meal, buckwheat, tapioca and salt to a mixing bowl. Combine well, then add in remaining ingredients. At first the mix will be dry, keep mixing as it will come together.
4. Using damp hands, roll mixture into balls - approximately 18 balls, 35g each. Place balls on prepared tray, and flatten down a little with your palm. Create an indent with your thumb, then fill with chia jam. Bake biscuits for 12-15 minutes. When ready you should see the surface of the biscuit has a few cracks in it.





**ORANGE
ALMOND CAKE
WITH FLAKED ALMONDS**

ORANGE ALMOND CAKE WITH FLAKED ALMONDS

SERVES: 8-10 **PREP:** 60 mins **BAKING:** 60 mins



INGREDIENTS:

CAKE

3 oranges, approx. 600g
5 large eggs
1 cup caster sugar
2 cups **Lucky Almond Meal**
1 tsp baking powder
Pinch of salt

CRUMBLE TOPPING

1/3 cup plain gluten free flour or regular flour
1/3 cup **Lucky Almond Meal**
62g butter, chopped
1 tsp vanilla extract
1/4 tsp almond extract (optional)
1/3 cup **Lucky Flaked Almonds**

METHOD:

1. Cook oranges: Wash the oranges well with warm water. Ensure you have the exact weight of oranges as using less or more than 600g will make the cake less or more moist. Place oranges in a small saucepan and cover with water. Bring to the boil, reduce heat to low and simmer for 60 minutes.
2. After the oranges have cooked drain and allow to cool to room temperature, around 30 minutes.
3. Preheat oven to 160°C and grease a 22cm round cake tin. Set aside.
4. Once cooled, chop oranges into small chunks and place in a food processor. Blend for 30 seconds, scraping down sides as needed. You do not need a smooth puree here, but ideally only quite small chunks of peel will remain. Set aside.
5. Add eggs and sugar to a mixing bowl. Whisk to combine, then stand for 5 minutes to let the sugar dissolve. Add orange puree and fold through.
6. Sift in the almond meal and baking powder. Add salt, and fold through until you have a smooth, uniform batter. Pour batter into cake tin, then use a spoon or spatula to smooth and flatten.
7. To make the crumble, add flour, almond meal and sugar to a medium bowl and combine. Now add room temperature butter and extracts. Use your fingers to massage the butter into the dry ingredients, until a crumble is formed.
8. Spread crumble over the cake followed by the flaked almonds. Use your fingers to lightly press these just into the top of the cake.
9. Place cake in bottom third of your oven and bake for 60-65 minutes or until cooked through.
10. Allow cake to cool in the tin for 10 minutes before removing. Transfer to a wire rack to cool completely.
11. Serve as is or sprinkled with icing sugar and a dollop of cream or yoghurt.





**HAZELNUT
BROWNIE
WITH HAZELNUT MEAL**



HAZELNUT BROWNIE WITH HAZELNUT MEAL



SERVES: 16 **PREP:** 20 mins **BAKING:** 30 mins

INGREDIENTS:

1 cup coconut sugar
190g butter
2/3 cup milk
1 cup pitted dates, chopped
½ tsp salt
½ tsp baking soda

3 eggs
2/3 cup cocoa powder
¾ cup + 1 Tbsp **Lucky Hazelnut Meal**
2 Tbsp coconut flour
½ cup Greek yoghurt
½ cup **Lucky Toasted Hazelnuts**, chopped

METHOD:

1. Preheat oven to 180°C and line a 23cm square tin.
2. Add sugar, butter, milk, dates, and salt to saucepan over medium heat. Stirring constantly, bring to the boil then simmer for 5 minutes until dates are very soft. Remove from heat and allow to cool for at least 10 minutes.
3. Add baking soda to the saucepan, then using a stick blender, blitz until smooth and the dates are fine.
4. Moving quickly, add eggs one at a time, whisking between each. Sift in cocoa, hazelnut meal and coconut flour. Add yoghurt and hazelnuts, then mix until a thick batter has formed.
5. Transfer mixture to your lined tin and bake for 30 minutes. Allow brownie to cool for at least 2 hours. Once cooled, use a hot, sharp knife to slice into 16 pieces. Store in an airtight container in the fridge.





**MACADAMIA
CHOC COOKIES
WITH ROASTED MACADAMIAS**



MACADAMIA CHOC COOKIES WITH ROASTED MACADAMIAS



MAKES: 12 **PREP:** 5 mins **BAKING:** 20 mins

INGREDIENTS:

185g butter

2 ½ cups **Lucky Almond Meal**

¾ cup coconut flour

½ tsp salt

2/3 cup maple syrup

1 Tbsp vanilla extract

1 cup **Lucky Roasted Macadamia Pieces**

1 cup white chocolate chips

METHOD:

1. Preheat oven to 180°C and line 2 baking sheets with baking paper. Set aside.
2. Gently melt butter on the stove top or in a microwave. Once melted, set aside to cool for a few minutes.
3. Sift almond meal, coconut flour and salt into a mixing bowl. Combine until uniform.
4. Pour melted butter, maple syrup and vanilla into the bowl. Combine well. At first the mix may seem too wet - the coconut flour will take a few minutes to absorb the liquid and create a stiff dough. At this point, fold through the macadamia nuts and white chocolate chips.
5. Roll dough into a ball around 2 heaped tablespoons (65g) in size. Place onto a cookie sheet and use hand to flatten into a cookie shape (they will not spread, so flatten to desired size). Repeat, placing 6 cookies per baking sheet, spread out.
6. Bake for 15-17 minutes, swapping the trays halfway or until light golden brown on top. Allow the cookies to completely cool on the cookie sheet, then transfer to a plate and store in the pantry.





CHOC ORANGE CHEESECAKE WITH NATURAL CASHEWS

CHOC ORANGE CHEESECAKE



WITH NATURAL CASHEWS

SERVES: 8-12 **PREP:** 20 mins **SETTING:** 6 hours - overnight

INGREDIENTS:

FOR THE BASE

250g plain chocolate biscuits
100g butter, melted

FOR THE CHEESECAKE

1 cup **Lucky Natural Cashews**
250g cream cheese
1 cup fresh orange juice, room temperature
2 Tbsp orange zest
1/3 cup raw cacao or cocoa powder
1/4 cup brown sugar
180g 70% dark chocolate, chopped

METHOD:

1. Add cashews to a small saucepan and cover with water. Bring to the boil and reduce to a simmer for 5 minutes. Turn off the heat, then drain and rinse the cashews. Set aside while you make the base.
2. Grease and line a 8 or 9 inch springform pan. Set aside.
3. Add chocolate biscuits to a food processor and blitz until fine crumbs have formed, around 1 minute. Add melted butter and blend for 30 seconds.
4. Pour the base into the prepared cake tin. Use your hands or a metal spoon to even out the crumbs and press down. Make sure the entire base is firmly packed.
5. Add the cashews, cream cheese, orange juice, zest, cacao powder and sugar to a blender or food processor. Blend on high for 1 minute, or until smooth.
6. Melt the chocolate in a heat proof bowl, using a bain marie method. Alternatively, melt in a microwave safe bowl in the microwave (zap for 15 seconds, mix and repeat until melted).
7. Pour the melted chocolate into the blender, then blend for 30 seconds and pour the mixture over your prepared base. Use a metal spoon to smooth the top.
8. Transfer to the fridge for 6+ hours or overnight.
9. To serve, remove from fridge and cake tin then decorate with mini chocolates, dehydrated orange rounds or whatever you desire. Delicious as is, or served with a dollop of double cream.





BEETROOT WALNUT BURGERS

WITH GOLDEN WALNUTS



BEETROOT WALNUT BURGERS

WITH GOLDEN WALNUTS

SERVES: 6 **PREP:** 15 mins **COOKING:** 10 mins

INGREDIENTS:

PATTIES

2 medium beetroot, washed, trimmed and grated
1 cup **Lucky Golden Walnuts**
1 cup rolled oats
2 tsp ground cumin
1 tsp smoked paprika
2 Tbsp dijon mustard
2 Tbsp olive oil
180g block feta cheese
½ tsp cracked pepper
1 tsp salt

EXTRAS

6 burger buns
Lettuce
Cheese
Pickled onion
Cucumber, shaved or thinly sliced
Avocado
Condiments of your choice



METHOD:

1. Add all of the patty ingredients to a food processor and process for 30 seconds, scraping the sides as needed. You want a uniform mixture, but we are not aiming for a smooth batter.
2. Form into 6 even sized balls. Heat a fry pan and add oil to cover, then add 3 patties. Flatten to form a patty shape, then fry for 5 minutes. Flip, and fry for 5 more minutes. Repeat for the next round of patties.
3. While the patties are frying cut burger buns in half and toast each side. Once this has been done add condiments of choice. Set aside.
4. Once patties have cooked, add one to each bottom on the bun. Top with the remaining ingredients and enjoy immediately.





MACADAMIA CRUSTED SALMON WITH NATURAL MACADAMIAS

MACADAMIA CRUSTED SALMON WITH NATURAL MACADAMIAS

SERVES: 6-8 **PREP:** 20 mins **COOKING:** 20 mins

INGREDIENTS:

SALMON

1 whole salmon fillet, approx 1.2kg

CRUST

1 cup flaked coconut

1 cup **Lucky Natural Macadamias**

$\frac{3}{4}$ cup breadcrumbs

$\frac{1}{4}$ cup melted coconut oil

Zest of 2 limes

1 tsp salt flakes

LIME & DILL YOGHURT SAUCE

1 clove garlic, crushed

$\frac{1}{2}$ cup lime juice

1 cup unsweetened Greek yoghurt

1 Tbsp honey

Pinch salt

2 Tbsp finely chopped dill



METHOD:

1. Make the macadamia crust. Add the coconut, macadamias and bread crumbs to a food processor and blitz until chopped into very small chunks. Add the remaining ingredients and pulse to combine. Set aside.
2. Preheat oven to 180°C. Line a large baking tray with aluminum foil, ensuring you leave enough excess foil to double over and completely wrap your piece of salmon. Remove salmon from the fridge, placing onto the lined tray. Using clean hands, add the macadamia crust crumbs to cover the top of the salmon, using your fingers to press the crumbs into the salmon a little.
3. While the oven preheats make the lime and dill yoghurt sauce. Add crushed garlic and lime juice to a large bowl. Stand for 5 minutes, then add yoghurt, honey and salt. Use a blender to combine, then stir through dill. Transfer to a serving bowl and set aside.
4. Take the excess foil and wrap over the salmon, to cover entirely, tucking in the edges of the foil to not leave any gaps.
5. Bake on one of the lower racks in your oven for approximately 20 minutes. If your salmon fillet is thinner, check after 15 minutes. If the salmon is quite thick, you may need up to 25 minutes. Cook salmon until it is just cooked through and no more. The salmon should remain very pink, but flake when tested with a fork.
6. Turn on your grill setting. Open the foil entirely, and place the salmon under the hot grill for 1-2 minutes, to crisp up the macadamia crust.
7. Serve immediately alongside the yoghurt sauce and extra lime wedges.





JEN A INSPIRED SALAD WITH NATURAL PISTACHIOS



JEN A INSPIRED SALAD WITH NATURAL PISTACHIOS

SERVES: 6-8 (as a side) **PREP:** 10 mins **COOKING:** 20 mins

INGREDIENTS:

FOR THE SALAD

- 1 cup cooked barley
- 1 x 425g tin chickpeas, drained and rinsed
- ½ red onion, finely diced
- 2 small Lebanese cucumbers, diced
- ½ cup **Lucky Natural Pistachios**, roughly chopped
- 1 small block (roughly 100g) feta, crumbled
- 1 cup loosely packed, chopped herbs
- ½ cup **Lucky Currants**

DRESSING

- 3 Tbsp extra virgin olive oil
- 3 Tbsp lemon juice
- ½ tsp fine salt
- ½ tsp cracked black pepper
- 1 tsp mustard

METHOD:

1. Cook barley as per packet instructions.
2. Meanwhile, prepare the rest of the ingredients; chop all of the salad ingredients, and drain and rinse chickpeas. Set aside.
3. Make the dressing by blending all ingredients together with a blending stick or whisk. Set aside.
4. Drain cooked barley, rinse and set aside to cool for 5-10 minutes. Add cooled barley to a large salad bowl with all the remaining salad ingredients and toss to combine. When you're ready to serve, and the dressing and toss to coat.





PUNCHY NEW POTATOES WITH CURRANTS

PUNCHY NEW POTATOES WITH CURRANTS



SERVES: 6-8 (as a side) **PREP:** 10 mins **COOKING:** 20 mins

INGREDIENTS:

FOR THE SALAD

1 kg baby/new potatoes, washed and cut in half
1 bunch dill, stems removed and chopped
1 cup **Lucky Golden Walnuts**
1 cup **Lucky Currants**
Pickled red onions (recipe below)

PICKLED RED ONIONS

2 red onions, peeled and sliced thin
½ cup water
½ cup vinegar (white or apple cider)
1 ½ tsp salt
1 tsp honey
1 tsp pepper corns
½ tsp chilli flakes

DRESSING

2 Tbsp water
½ cup olive oil
½ tsp garlic powder
1 Tbsp dijon mustard
1/3 cup lemon juice (reserve zest)
¾ tsp salt
1 tsp freshly cracked black pepper

METHOD:

1. Bring a 5 litre pot of water to the boil. Salt with 1 Tbsp salt, then add potatoes. Boil for around 20 minutes or until tender. Once cooked, pour into a large colander to cool.
2. While the potatoes boil, make the quick pickled red onions. Pack sliced onions into a clean, heat proof glass jar with a fitting lid. Add remaining ingredients to a saucepan and bring to a gentle simmer. Turn off heat and pour hot liquid over the onions, filling the jar. Sit the lid on top of the jar and set aside for 20 minutes.
3. To make the dressing, add water, oil, garlic, mustard and lemon juice to a blender (or use a stick blender) and blitz until thick and creamy. Add salt and pepper and stir through.
4. Once potatoes have cooled transfer to a serving bowl. Add dill, walnuts, currants and half of the pickled onions (ensuring you don't add the peppercorns). Gently fold through. Add ¾ of the dressing and fold through until well coated. Finally, top with a sprinkle of salt flakes and 1 Tbsp of the lemon zest. Serve with an extra drizzle of dressing.





**NECTARINE
WALNUT SALAD
WITH GOLDEN WALNUTS**



NECTARINE WALNUT SALAD WITH GOLDEN WALNUTS

SERVES: 4-6 (as a side) **PREP:** 10 mins **BAKING:** 20 mins

INGREDIENTS:

FOR THE SALAD

1 cup cooked barley, cooled
½ head iceberg lettuce, chopped
3 nectarines, cubed
¾ cup **Lucky Currants**
½ red onion, finely diced
½ cup crumbled feta

CANDIED WALNUTS

1 pack **Lucky Golden Walnuts**
2 Tbsp maple syrup
Sea salt

DRESSING

1/3 cup olive oil
2 Tbsp lemon juice
2 Tbsp maple syrup
Large handful of basil leaves
Pinch salt



METHOD:

1. Preheat oven to 180°C. Add walnuts to a small, lined baking tray and place tightly together in a layer. Drizzle with maple syrup then sprinkle with salt. Bake for 5 minutes, toss then bake for 5 more minutes. Remove from heat and allow to cool.
2. To make the dressing, add all ingredients to a blender and blitz until uniform.
3. To make the salad, add all the ingredients to a bowl. Top with candied walnuts and dress. Toss to combine and serve immediately.





**SPINACH WALNUT
PINWHEELS
WITH CRUMBED WALNUTS**

SPINACH WALNUT PINWHEELS

WITH CRUMBED WALNUTS

MAKES: 24 **PREP:** 10 mins **BAKING:** 20 mins

INGREDIENTS:

1 Tbsp olive oil
1 brown onion, finely diced
2 cloves garlic, crushed
200g frozen spinach, thawed
100g goats cheese or feta
¼ cup parsley, finely chopped

½ tsp salt
¼ tsp black pepper
1 egg
1/3 cup **Lucky Crumbed Walnuts**
2 sheets puff pastry
Parmesan cheese



METHOD:

1. Heat a fry pan over medium heat. Heat oil, then reduce to low heat. Add onion and fry for 5 minutes or until softened. Add garlic and fry until fragrant. Turn off heat and set aside to cool.
2. Strain thawed spinach and squeeze out all the excess water. Chop spinach into small pieces and transfer to a mixing bowl. Add goats cheese, parsley, salt, pepper, egg, walnuts and cooled onion. Mix well.
3. Remove pastry from the freezer. Spread half the mixture on top of one sheet, leaving a 2 cm boarder. Finely grate a thin layer of parmesan over the surface.
4. Starting on the edge of the pastry, roll into a log. Use a sharp knife to cut into slices about 2cm thick. Repeat for the next sheet of pastry. **Tip:** If you are having trouble slicing, place into the freezer for 10 minutes to firm up.
5. Preheat oven to 180°C fan forced. Place one sheets worth of slices onto a baking tray with cut side facing down, then transfer to the freezer whilst the oven preheats. Repeat for the other sheet.
6. Once oven is at temperature, remove pinwheels from the freezer and bake for 20 minutes, swapping trays half way, or until lightly golden brown.
7. Best served whilst still warm with tomato chutney, relish or your preferred dipping sauce.





SULTANA CHOC CHIP BISCUITS WITH SULTANAS

MAKES: 12 **PREP:** 5 mins **BAKING:** 20 mins



INGREDIENTS:

1 egg	$\frac{3}{4}$ cup tahini or cashew butter
2 cups rolled oats	$\frac{1}{2}$ brown sugar
1 tsp baking powder	$\frac{1}{4}$ cup butter, melted
1 tsp cinnamon	$\frac{3}{4}$ cup Lucky Sultanas
$\frac{1}{2}$ tsp salt	$\frac{1}{2}$ cup mini chocolate chips

METHOD:

1. Preheat oven to 180°C. Line a large baking tray with baking paper. Set aside.
2. In a large mixing bowl add all ingredients. Using a wooden spoon, mix ingredients to combine well. The mixture will be quite stiff, so it will take a few minutes to mix together.
3. Scoop 2 tablespoons of dough into a round ball and place on baking tray. Flatten slightly and repeat with the remaining dough.
4. Bake for 18 minutes, or until lightly golden brown.
5. Allow to cool for 5 minutes, before transferring to a wire rack to cool completely.





**HOMEMADE
HUMMUS
WITH NATURAL PINE NUTS**



HOMEMADE HUMMUS WITH NATURAL PINE NUTS



SERVES: 8 **PREP:** 20 mins **COOKING:** 20 mins

INGREDIENTS:

1 can chickpeas, rinsed and drained
½ tsp baking soda
¼ cup lemon juice
1 garlic clove, crushed
½ salt
½ cup tahini

2-4 Tbsp ice cold water
½ tsp ground cumin
1 Tbsp olive oil
Lucky Natural Pine Nuts
Paprika

METHOD:

1. Place chickpeas in a saucepan and add the baking soda. Cover chickpeas with several inches of water and bring to the boil over high heat.
2. Boil for 20 minutes or until chickpeas look bloated, their skins are falling off, and they're quite soft. Drain and rinse with cold water.
3. In a food processor, combine lemon juice, garlic and salt. Add tahini and blend until thick and creamy. Whilst running, stream in 2 Tbsp of ice water and blend until ultra smooth and creamy. (If your tahini was extra thick to begin with, you might need to add 1-2 tablespoons more ice water.)
4. Add cumin and chickpeas and blitz. Whilst blending, stream in the olive oil. Blend again until smooth and add more ice water if necessary to achieve a super creamy texture.
5. Scrape hummus into a serving bowl and sprinkle with paprika, pine nuts and extra salt and pepper.

Note: Leftover hummus keeps well in the refrigerator, covered, for up to 1 week.





COOKIE DOUGH SLICE

WITH ALMOND MEAL

COOKIE DOUGH SLICE

WITH ALMOND MEAL

MAKES: 9-12 **PREP:** 40 mins

INGREDIENTS:

125g salted butter, room temperature
½ cup roast cashew butter
1 Tbsp vanilla extract
¼ cup pure maple syrup
¼ tsp fine salt

2 cups **Lucky Almond Meal**
2 Tbsp coconut flour
Optional: ½ tsp bicarb powder
Optional: ½ tsp blackstrap molasses
½ cup dark chocolate chips



METHOD:

1. Grease and line a 10x 20 rectangle tin (or a 15cm square tin) and set aside. You can use a smaller or larger sized tin, you will just have a thinner/thicker slice in the end.
2. Into a large mixing bowl add cubed, room temperature butter, cashew butter, vanilla maple syrup and molasses. Beat for around 4-5 minutes until the mixture has become pale and creamy and looks light and airy.
3. Add salt, almond meal, sifted coconut flour and the optional bicarb. Use a wooden spoon to mix well - you don't want to under mix the batter as it will be too light and airy and won't hold its shape as well.
4. Finally, add in chocolate chips or any extras you like. Fold through then transfer the cookie dough into your prepared pan. Use a wet dessert spoon to flatten the dough into an even layer - if the spoon starts to stick and drag give it a clean, wet it, and continue. Alternatively just use damp fingers to do the same job. If adding the chocolate topping set aside.
5. To make the chocolate topping place the chocolate and cashew butter into a heat proof bowl. Add 2 cm water to a small saucepan and bring to the boil, then reduce to a simmer. Place the bowl of chocolate on top of the saucepan so that it sits on the rim (the bowl should not touch the water). Melt, stirring regularly, until completely liquid and smooth. Pour melted chocolate over the cookie dough base and use a clean spoon to spread evenly. Note: You can also use a microwave for this step. Add ingredients to a microwave-safe bowl and heat in 15 second increments, mixing in-between, until smooth and liquid.
6. Transfer your slice into the freezer for 4+ hours to set.
7. Remove slice from the freezer and allow to defrost slightly on the bench for 20 minutes. Use a hot, sharp knife to cut into desired serving sizes, then place into an airtight container for storage. This slice is not shelf stable in warm temperatures and must be stored in the fridge or freezer.





ALMOND BUTTER

WITH NATURAL ALMONDS

MAKES: 1 Jar **PREP:** 5 mins **COOKING:** 20 mins

INGREDIENTS:

3 cups **Lucky Natural Almonds**

½ tsp fine salt



METHOD:

1. Preheat oven to 180°C and set aside a large baking tray.
2. Roast almonds for 10 minutes, tossing at the halfway mark (after 5 minutes). Be careful to keep an eye on the nuts - you do not want to burn them.
3. Allow nuts to cool for 5-10 minutes before moving onto the next step.
4. Add nuts and salt to a high-speed food processor and blend for 10 minutes. You will need to stop the food processor many times and, using a spatula or butter knife, scrape down the sides.
5. Once you have a creamy, runny nut butter you are done! Transfer to clean glass jars and store in the pantry for up to 6 months.



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