



Ingredients

- ✓ 1 cup almond butter
- ✓ 1/2 cup unsweetened almond milk
- ✓ 1/2 cup unrefined sugar

Notes:

- Any all natural nut butter can be substituted for almond butter.
- Any all natural sweetener can be substituted unrefined sugar.
- Add a pinch of salt if using unsalted nut butter (optional).

Preparation

Put almond butter into medium-size bowl. Stir well. In medium-size saucepan combine almond milk and sweetener (and optional salt). Cook on medium heat, stirring constantly. Cook mixture for approximately 5 minutes—or cook longer if doubling the recipe. Mixture will thicken and get bubbly as it cooks down. If using a candy thermometer, it should reach “soft ball” stage—approx. 235 degrees. When done, remove from heat. Quickly pour into nut butter and stir to combine. Combine all ingredients well. Transfer onto wax paper or baking dish lined with wax paper. Cool thoroughly. Cut into squares. Enjoy!