

Nut and Seed Butters

Makes 1 cup

The following recipes are adapted from Native Harvests by E. Barrie Kavasch. A food processor is the most efficient way to grind the nuts or seeds.

From the author:

“This excellent, nutritious topping is great on homemade breads and cakes or served with fresh fruit or on fresh, crisp vegetables. Nut and seed butters are very rich and should be used sparingly:

1 cup sunflower seeds, pumpkin seeds, beechnuts or acorns
1-2 teaspoons honey or maple syrup, if needed

Grind the seeds or nuts into a paste using stones, a mortar and pestle, blender or food processor. Grind until the mixture is smooth and spreadable.

Keep refrigerated.

Flavour Variations:

Mustard Butter for fish or game: Add 2 tablespoons wild mustard seeds that have been soaked and crushed in 1 tablespoon neutral oil and 1 tablespoon bee pollen to 1 cup sunflower butter. Blend thoroughly and store covered in refrigerator

Mint Butter: to a 1/2 cup acorn butter beat in 2 tablespoons ground, fresh mint leaves and 1 teaspoon honey. Store covered in refrigerator.

Beechnut Clover Butter: To 1 cup beechnut butter add 3 tablespoons dried white clover blossoms and their seeds and 1 tablespoon bee pollen. Blend thoroughly and store.