

How to Make Peanut Butter

This free How To tip sheet was produced by the Cheapskates Club – www.cheapskates.com.au

Peanut butter is a favourite sandwich spread, loved by adults and children alike. It is also one of the easiest spreads to MOO. The advantages of this are that you know how fresh it is, exactly what is in it (you get to control the salt, sugar and oil) and it is cheap!

You will need:

- 2 cups raw peanuts
- 1 tbsp vegetable oil (safflower or sunflower)



Step 1

Pre-heat your oven to 200 degrees Celsius. Spread the peanuts onto a baking sheet and roast in the oven for 5 – 7 minutes until golden brown. You'll be able to smell them roasting by this time. Remove from the oven, toss into a bowl and stir to cool.

Step 2

When the peanuts are cool, tip them into the bowl of a food processor fitted with a steel blade. Process until the peanuts form a paste and roll into a ball.

Step 3

With the processor running, slowly add the tablespoon of oil. Continue processing, stopping to scrape down the sides occasionally. By now the peanut butter should be almost smooth. You can continue processing until it is completely smooth or you can stop now for a crunchy peanut butter.

Step 4

Scrape the peanut butter into a clean, air tight jar or container. Spread on a slice of toast or a celery stick and enjoy!

Notes:

- You can buy raw peanuts from Indian grocers and wholefood/bulk food stores for around \$7/kg.
- Always let the peanuts cool before processing or they will turn to oily mush.
- Store the peanut butter in an airtight container in the fridge to stop the oil from rising to the top. If you find it does rise, just stir it back into the peanut butter with a clean knife.
- I don't add salt or sugar to the peanut butter; I don't think it needs it. If you want to you can add salt and sugar to taste after you have added the oil.

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and energy and still have fun!
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