



Nut Butter Universe

Robin Robertson

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?Think outside the jar with delicious nut butters!

Nut Butter Universe is a culinary treasure filled with creative ways to make luscious, protein-rich recipes for breakfast, lunch, dinner, dessert, and snacks. These recipes use delectable butters made from cashews, Brazil nuts, macadamias, chestnuts, almonds, peanuts, and more. Just a small amount of nut butter can add great texture, flavor, and nutrition to your meals.

?Here are just a few of Robin's mouth-watering recipes, all enriched by delicious nut and seed butters:?

- Artichoke Walnut Butter Bisque
- Roasted Tahini Cauliflower
- Pistachio Butter Biscotti
- Chestnut and Winter Vegetable Pot Pie
- Pecan Butter Waffles
- Penne with Avocado Cashew Cream
- Grilled Peanut Butter Banana Sandwich
- Pineapple Coconut Cheesecake
- Chocolate Macadamia Truffles
- Apple-Almond Butter Crumble

?There are recipes for making your own nut butters and options for those with nut allergies. The book also contains an informative Foreword by nutrition expert and bestselling author, Julieanna Hever, which explains the health benefits of nuts and nut butters. In addition, the recipes are clearly marked as being gluten-free or soy-free. Also includes helpful indexes, fun facts, and 8-page color photo insert.

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