

Nutty Spread

Recipe from the “The Happy Herbivore”

by Lindsay Nixon

From the kitchen of Delisa Renideo

This has become one of our favorite recipes! It’s so simple to make, and absolutely DELICIOUS on toast. To tell the truth, it’s also delicious on a spoon! But be careful because it is fairly calorie dense, although much less so than pure peanut butter.

1 cup cooked white beans (I use navy beans)
1/4 cup creamy peanut butter
(can substitute other nut butters)
2 Tbsp agave nectar or pure maple syrup
1/4 teaspoon cinnamon
salt, as needed

Blend everything together in a food processor. Enjoy!

Nutritional information: (Per 2 Tbsp serving)
Calories 90; Calories from fat 37; Total Fat 4.1 g;
Cholesterol 0; Total carbohydrates 10.6g;
Fiber 2.5 g; Sugars 4.5 g; Protein 3.8 g

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