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### Homemade Flax-Enriched Nut Butter

*Preparation time: 5 minutes*

*Yield: 2 cups*

1-16 ounce jar unsalted dry roasted peanuts  
4 tablespoons ground flaxseed

1. Put unsalted peanuts in a food processor and blend on medium, until mixture becomes liquidy (3-4 minutes).
2. Add ground flaxseed and continue processing just until blended (15-30 seconds). Consistency should be liquid enough to pour into a storage container.
3. If is a bit dry, add a small amount of your favorite oil (canola or extra-virgin olive oil preferred). Refrigerate until needed. Storing in refrigerator for up 2 weeks will be safe. Freezing is not recommended.

#### Nutrition Information Per Tablespoon

Calories 88	Fat 8 g	Fiber 1 g
Carbohydrates 3 g	Omega-3 Fats 242 mg	Calcium 10 mg
Protein 4 g	Cholesterol 0 mg	Sodium 1 mg