

NUT BUTTERS

- Peanut, almond, soy, sesame (tahini)
- Nut butter partners: 100% jam or jelly, 100% raw honey**, applesauce

Nut butter toppings: Shredded carrots, raisins, dried cranberries, shredded coconut (unsweetened), dash of cinnamon

Foods for nut butter spreads: Whole-grain bread (toasted!), bagels, English muffins, sliced bananas, celery stalks, sliced apples, whole-grain or nut crackers