

# mixed nut & seed butter with cacao nibs

**Makes 1 ¾ cup (28 Tbsp)**

**TOTAL TIME:** 20 minutes

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1 cup raw Brazil nuts  
1 cup raw cashews  
1 cup raw pumpkin seeds  
2 Tbsp cacao nibs

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## NOTES:

- **If you are roasting the nuts and seeds in the oven, preheat oven to 350°F. Roast Brazil nuts for 2-3 minutes, stir and add cashews and roast for another 6-8 minutes, then stir and add pumpkin seeds for 1-3 minutes.**
- **When blending, you'll notice the nut butter going through stages from powdery/grainy to crumbly to pasty to creamy. Hang in there...it will work!**

**PREHEAT** air fryer to 325°F.

**ADD** Brazil nuts to air fryer basket and cook for 5 minutes.

**AFTER** 5 minutes, toss Brazil nuts and add cashews.

**AFTER** another 5 minutes, toss nuts and add pumpkin seeds.

**REMOVE** from air fryer after 2-3 more minutes.

**LET** cool for at least 10 minutes.

**TRANSFER** cooled nuts and seeds to food processor or blender. Blend on high speed until creamy, pausing to scrape sides every 1-2 minutes.

**ADD** cacao nibs and pulse or blend on medium for 20-30 seconds.

**STORE** in a glass jar in the refrigerator for up to a month.

