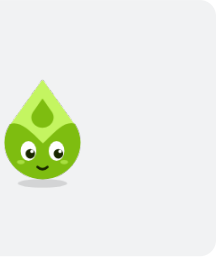
Snack

A Simple Serving of Almond Butter

A single portion of smooth almond butter that comes together with no prep or cooking at all. Just portion it out and enjoy as is.

2 min	200	6 g	2 g
time	calories	carbs	sugars



Vegan | Gluten free | Dairy free

Ingredients, 1 serving

- [ ] 2 tbsp almond butter

Method

- [ ] 1 Measure 2 tbsp almond butter into a small serving bowl.
- [ ] 2 Give the almond butter a quick stir if any oil has settled on top.
- [ ] 3 Serve the almond butter straight away at room temperature.

Nutrition Facts

Per serving

Calories	**200**
Total fat	18 g
Saturated fat	2 g
Sodium	75 mg
Total carbs	6 g
Fiber	3 g
Total sugars	2 g
Protein	7 g

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