

# 6 *Amazing* ALMOND BUTTER RECIPES

from  
*Maisie Jane's  
Kitchen  
to Yours*





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## from Maisie Jane's Kitchen to Yours

You probably know already that Almond Butter is a GREAT nut butter to have as a regular part of your diet. It's packed with protein, high in the kind of fat your body needs to function at an efficient level, an outstanding source of Vitamin A, and the list goes on.

You might be interested in Almond Butter for all kinds of reasons. Here are the ones we hear most often:

1. You've heard it's good for weight loss.
2. Your trainer says you need low fat protein and suggests Almond Butter instead of peanut butter.
3. You, or your kids, are allergic to other nut butters.
4. You've heard it's a great snack for some fast energy.
5. You are looking for a healthier lifestyle overall.

Whatever your reason is, you are ready to buy some Almond Butter, and now you need some ideas for how to use it in your cooking! Sure you could put it on a celery stick, or eat it on a rice cake, but are there more creative ways to get this amazing food into your body?

### Yes there are!

Almond Butter is ready for a chance to show off its skills in the kitchen and in your belly. Its flavor is rich, but not too bold. Its texture can be easily altered to blend into whatever you are making. Whatever your reason for buying Almond Butter, Maisie Jane has compiled 6 recipes, straight from her kitchen, to help you put it to good use!







# Indonesian Style Almond Glazed Salmon

This recipe is a replica to the traditional Indonesian Peanut Sauce I was introduced to while visiting beautiful Bali many years ago. I simply replaced the peanut ingredients with our tasty and healthier Almond Butter choice. Also enjoy this sauce as a dipping sauce to BBQ chicken skewers or drizzle inside your rice paper wraps filled with either shrimp or chicken and loaded with fresh julienne sliced veggies.

~Enjoy,

Maisie Jane

## Ingredients:

- 2 lbs. fresh Salmon
- 1/3 cups Maisie Jane's Almond Butter
- 4-6 cloves finely minced garlic
- 3 tbsp. toasted sesame seed oil
- 3 tbsp. tamari sauce
- 2 tbsp. Maisie Jane's Wildflower Honey
- 1 lemon thinly sliced
- 1 lemon cut in wedges (for serving)
- 1 bunch green onions sliced

## Directions:

Preheat oven to 400 degrees.

Whisk the almond butter, minced garlic cloves, sesame seed oil, tamari sauce and honey together. Place Salmon on a baking sheet lined with aluminum foil with the skin side down. Brush the mixture evenly over entire salmon. Arrange lemon slices on top and finish off by sprinkling the green onions. Bake for about 1/2 hour or until your desired cooked wellness. Garnish plates with lemon wedges. Enjoy!





# Italian Almond Butter Pesto Small Bites

Some of my favorite Italian ingredients beautifully came together in these divine small bites. Fresh basil, which is always abundant in the garden, is blended with almond butter to make a well balanced pesto. These can be served as an impressive appetizer or as a light meal paired with your favorite Italian cured meat. Buon Appetito!

~Maisie Jane

## Ingredients:

For Pesto:

- 1.5 oz. dry parmesan cheese
- 4 garlic cloves
- 2 cups fresh basil leaves, packed
- ¼ cup olive oil
- Juice from 1 large lemon
- 2 tbsp. Maisie Jane's Almond Butter
- 2 pinches sea salt

\*Makes about 1 Cup of Pesto.

For Garnish:

- Fresh mozzarella cheese, cut in about ½ size squares (may vary depending on your cracker size)
- Peeled thinly sliced cucumber, cut in half
- Julienne sundried tomatoes, dried
- Your favorite crunchy lightly salted cracker

## Directions:

Blend all ingredients for the pesto in a blender until smooth. Set aside. Assemble individual bite sized appetizers. Layer first the mozzarella on cracker, followed by the cucumber slice-placing opposite direction as the mozzarella so all layers are visible. Put dollop of pesto and finish off with one julienne sundried tomato. Serve immediately.

## \*\*Ideas for left over Pesto\*\*

- Dollop on your scrambled eggs with freshly chopped tomatoes
- Use as a veggie dip
- Spread on panini Italian-style sandwiches
- Top your favorite pasta







# Almond Butter Coconut Truffle No-Bake Cookies

These protein-packed delicious no-bake cookies are sure to not only boost your energy level but will hold over your appetite as well. No added sugar but sweet and scrumptious. If you have ever been guilty of dabbing in the bowl eating raw cookie dough, these will be right up your alley AND guilt free! Enjoy!

~Maisie Jane

## Ingredients:

1 cup Maisie Jane's Almond Butter  
½ cup unsweetened shredded or flaked dried coconut  
¾ cup dates, finely chopped  
3 tbsp. raw unsalted sunflower seeds  
¼ cup quick oats or oat flour  
1 tsp. pure vanilla extract  
½ tsp. cinnamon  
⅛ tsp. fine sea salt  
Truffle dusting:  
3 tbsp. unsweetened cocoa  
¾ tsp. cinnamon  
1 pinch fine sea salt



## Directions:

Measure and mix your oats, cinnamon, and salt. Add the remaining ingredients and mix with a wooden spoon until well blended.

Next mix the ingredients for the truffle dusting and pour on a small plate.

Measure 1 tbsp. of mixture and roll in a ball with your hands. Roll once around in the truffle dusting and place on a wax paper lined cookie sheet. After you've finished making your cookies place the cookie sheet in the refrigerator and keep covered. Best if served cool.

Makes about 20 cookies





# Frozen Almond Butter Dreams

This dessert was created by my love for almond butter right out of the jar with a bite of banana. Then one sweet tooth craving night I thought, 'a frozen banana with some chocolate and almond butter would be awesome!'. So I whipped up this creation and it's been a healthy alternative for those 'sweet cravings' and WOW is it good! My kids go bananas for them too.

~Maisie Jane

## Ingredients:

2 fresh bananas

About  $\frac{1}{3}$  cup Maisie Jane's Almond Butter

About  $\frac{1}{2}$  cup dark chocolate chips, you will need about 32 chips (Guittard 64% cocoa is a good one).



## Directions:

Peel and slice the bananas in about  $\frac{1}{2}$  inch thickness. Place on waxed paper lined baking sheet. Spatula the almond butter in a pastry bag with the widest piping point attached. (If you don't have a pastry bag don't worry-a spoon works too). Put a dollop of almond butter in the center of each banana round, about  $\frac{1}{2}$  tsp. Top with 2 chocolate chips. Place immediately in freezer, laying completely flat. Note: you may have to check on them a couple minutes after placing in freezer to reposition any chocolate chips that may have slid off sides of bananas.

Keep in freezer overnight. After completely frozen place in Ziploc freezer bag. Keeps frozen for weeks.

Serving: about 32 bites



# Almond Butter Spiral Apple

This is such a fun, quick, and easy healthy snack-for the young or young at heart! I love using the Crunchy Maisie Jane's almond butter, as those little bits of crunchy nuts adds a great texture contrast to the crisp apple. If making the apple into a spiral is too daunting, then simply slice your apples and use the almond butter as a dip!

## Ingredients:

1/4 Cup Maisie Jane's Almond Butter  
1 fresh Apple

## Directions:

Put your apple on an apple corer, moving the peeler component out of the way so the apple peel stays on. After your apple is nicely and evenly sliced, using a small spreader knife, spread the almond butter on each apple layer.

Makes 1 apple snack/serves 2







# Chocolate Almond Smoothie

This simple, frothy, and protein packed smoothie is a true hit whenever served. It's great too because it has no added sugar but definitely curbs the sweet tooth with the frozen bananas added! Great for breakfast or as an afternoon or late night treat.

Enjoy!

~Maisie Jane

## Ingredients

- ¼ Cup Maisie Jane's Smooth Almond Butter
- 2 Frozen bananas-peeled
- 1 ½ Cups milk or your favorite milk substitute
- 2 TBS. un-sweetened dark chocolate cocoa powder
- ½ tsp. pure vanilla extract

Place all ingredients in a blender and blend as long as needed to create a smooth frothy texture. Serve immediately and enjoy.







Now that you have enjoyed taking a peek at a few of Maisie Jane's favorite recipes that are regulars in her kitchen, it is time to make them yours!

To get you started, check out our yummy nut butter products to ensure that you are using the best tasting, high quality nut butters in your recipes.



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