Early to Rise Customer Support

Substitute - Nut Butter

Honey - 2020-02-06 - Nutrition FAQs and Substitutions

Here are some alternatives to nut butter

1) Sesame seed butter and Tahini are made from sesame seeds, either toasted or raw, although the toasted variety is more flavorful. Tahini is great with bananas, apples, carrots and celery. Some kids prefer tahini mixed with honey and dried fruits.

2) Sunflower seed butter is made from roasted sunflower seeds and is very similar in taste and appearance to peanut butter, so it can quickly become a favorite with kids.

3) Soy nut butter is made from roasted soybeans. Soy nut butter is another peanut-butter-like treat, but remember that soy is an allergen for some folks as well.

4) Pumpkin seed butter is another alternative, especially good from roasted pumpkin seeds.

If you can't find these butters in your area you can make it at home with a food processor. Simply add seeds of your choice to a blender or food processor and puree until smooth.

You may need to add a little oil in order to achieve a smooth consistency. Coconut oil and ghee (clarified butter) make wonderful additions to homemade nut butter. You can add a pinch of sea salt, a drop of honey or maple syrup, or a bit of vanilla extract if desired. Store in an air-tight container in the fridge.