



Pili Nut Butter

Made with The Cracking Monkey Pili Nuts in Shell™

Take a 500g bag of The Cracking Monkey Pili Nuts and crack open all the nuts

Soak these in water overnight, this will make it easy to remove the brown "skin" from the Pilis

The next day the brown "skin" should come off easily when you press the nuts, remove the "skin" from all the nuts

Place the peeled nuts in the food processor until you are left with a buttery spread, add a pinch of Pink Himalayan Salt

Keep in the fridge and enjoy on whole grain bread and crackers, or just on its own!

• Vegan • Raw • All Natural •