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| **Maple Cinnamon Almond and Seed Butter**Recipe by Stanford Health Improvement Program |  |

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| Ingredients | Directions |
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| 2 cups | Raw almonds |
| 2 Tbsp. | Whole flax seeds |
| 2 Tbsp. | Hemp seeds |
| 1 Tbsp. | Chia Seeds |
| 2 Tbsp. | Maple syrup |
| 1 tsp. | Ground cinnamon |
| 1/8 tsp. | Salt |
| 1 ½ tsp. | Vanilla extract |

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| 1. Preheat oven to 300F (toaster oven ok) and line a baking sheet with parchment paper.
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| 1. In a medium sized bowl, mix together almonds, flax, hemp, chia seeds and maple syrup. Stir to make sure all the nuts and seeds are coated. Spread mixture on baking sheet and bake for 30 mins, stirring once half way through*.*
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| 1. Remove from the oven and allow to cool (this step can be done overnight).
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| 1. When ready to blend, place mixture in food processor or high-powered blender and blend for 8-10 mins, until the mixture is creamy and smooth. If using a blender, you will need to stop and scrape down the mixture often.
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| 1. Add in vanilla, salt, cinnamon and process again to integrate the new ingredients.
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| 1. Makes 1 and 1/4 cup- 10 servings, 2 Tbs per serving.
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