

PALEO & KETOGENIC

FRIENDLY NUT BUTTER RECIPES



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Introduction

The idea that “fat burns fat” was planted in my brain in 2001. My bodybuilder friend Greg, would eat a jar of peanut butter daily and he swore that was the main reason why he was able to preserve muscle and burn fat—dropping his body fat percentage to just 6 percent. Back then, the science of ketogenic diets and carb cycling were not as well understood as they are today.

Fast forward to 2015, we know that simultaneously increases whole-food dietary fat and reduction in carbohydrate is linked with many positive changes in our metabolic machinery. As your body becomes “keto adapted,” the liver converts dietary fat into ketone bodies, which are shoved into the mitochondria (of your muscle and liver) to be efficiently burned to make cellular energy.

Ketones efficiently make cellular energy in a near-identical fashion to glucose, but ketones have several advantages over glucose in the path to making cellular energy.

Unlike glucose, ketones do not need insulin-dependent transports to enter cells. Ketones readily enter the mitochondria without transporter proteins. Ketones also burn efficiently inside the mitochondria using oxygen and creating little waste (sometimes people whose bodies are metabolically inflexible burn sugar and create a lot of lactic acid—a metabolic signature that has been linked to cancer, inflammation, and pain).

As blood ketones rise after a high-fat, low-carb diet, the body stops storing fat and starts burning it. These new metabolic demands decrease the production of various enzymes involved in body fat synthesis and storage while increasing the activity of fat burning and mitochondrial enzymes.

Various enzymes involved in body fat synthesis and storage are turned off. [Specifically, ketones increase various fatty acid oxidation (FAO) enzymes. PPAR-alpha, PCG1-alpha, and AMPK are among the main beneficial enzymes that are powerfully amplified when blood ketones rise. Ketone bodies stimulate mitochondrial synthesis (aka biogenesis), giving your muscle more furnaces to burn fat.]

Even more exciting, the end result is metabolic signature” that mirrors that of calorie restriction (CR). Calorie restriction (CR) is arguably one of the best anti-aging strategies to date, since it activates enzymes that combat cellular stress and increase mitochondria (our cellular powerhouses). In sum, by increasing the metabolic characteristics of fasting in the presence of ketones, the body stops storing fat and starts burning it, and there are increases in various antioxidant defense enzymes that protect our cells.

Ketones have been shown to increase heart rate variability (HRV), a marker of increased parasympathetic nervous system activity. This is likely due to the ability of ketones to inhibit a key receptor in the sympathetic nervous system. Increased HRV is linked with

better ability to stay clear headed and focused during stressful life events.

Ketones also speak to our genes via the epigenome. The main ketone produced by the liver, called beta-hydroxybutyrate, is a histone deacetylase (HDAC) inhibitor—meaning it's involved in remodeling the scaffolding of DNA. It turns good genes on and bad genes off and shields our DNA from X-rays, sun damage, and metabolic stress. Beta-hydroxybutyrate joins many protective compounds, including garlic, curcumin, and sulforaphane (broccoli) as a protective HDAC.

After months of tweaking and testing, we've found these "keto-friendly" nut butter recipes to provide a whole food option to help maintain ketosis. We hope you enjoy!

--Mike and Deanna Mutzel

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Basic Nut Butter Recipe

4 cups raw nuts of choice

1/4 cup oil of choice (pumpkin oil, softened coconut oil, olive oil)

A pinch of sea salt



Image 1. Pulse raw nuts in food processor until they are a fine powdery consistency.

Pulse the nuts in a food processor with an S blade until flour-like. Add the oil and salt. Blend until smooth.

Storage: 2-3 weeks in the refrigerator in a sealed glass container

Benefits:

Coconut oil has medicinal properties that assist with better brain function and fat loss. It also contains medium-chain triglycerides (MCTs). The lauric acid in coconut oil can kill bacteria, viruses, and fungi, and help stave off infections. To soften coconut oil, place its

container in warm water for 20 minutes.



Image 2. Add in small amounts of coconut oil until the mixture blends easily, and has directed consistency of a “nut butter.”



Image 3. After consistency is achieved, add in desired spices and accessory ingredients.

Paleo Pumpkin Pie Butter

- 2 cups raw pecans
- 3 tablespoons softened coconut oil
- 1 teaspoon cinnamon
- 1 tablespoon pumpkin puree
- 1 teaspoon maple extract
- 1 teaspoon vanilla extract
- 1/4 teaspoon ground pumpkin spice
- A pinch of ground ginger
- A pinch of sea salt

Soften coconut oil by placing its container in warm water for 20 minutes. Pulse the pecans in a food processor with an S blade until flour-like. Add the remaining ingredients and blend until smooth.

Storage: 2-3 weeks in the refrigerator in a sealed glass container

Benefits:

Ginger acts as an anti-inflammatory for the colon, offers protection against colorectal cancer, promotes ovarian health, boosts the immune system, aids digestion, and diminishes morning sickness.

Vanilla Pecan Pie Butter

- 2 cups raw pecans
- 1/4 cup softened coconut butter
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- A pinch of ground ginger
- A pinch of ground cloves
- A pinch of sea salt

Soften coconut butter by placing its container in warm water for 20 minutes. Pulse the pecans in a food processor with an S blade until flour-like. Add the remaining ingredients and blend until smooth.

Storage: 2-3 weeks in the refrigerator in a sealed glass container

Benefits:

Pecans are actually a fruit, not a true nut. The nutrients, minerals, antioxidants, and vitamins in pecans are essential for wellness. Pecans are rich in monounsaturated fatty acids, like oleic acid, and also contain phenolic antioxidants. Pecans maintain good cholesterol (HDL) and lower bad cholesterol (LDL). They are rich in ellagic acid, which helps rid body of toxic radicals and protects the body from disease and infection. Pecans

contain vitamins E and B as well as manganese, potassium, calcium, iron, magnesium, zinc, and selenium.

Coconut butter is high in fiber and good fat. Like coconut oil, it contains MCTs and lauric acid. Coconut butter boosts metabolism, which assists with weight loss, and increases energy levels. It also contains healthy fats, which help with satiety. It is full of essential amino acids, calcium, and magnesium.

Omega Cashew Butter

- 2 cups raw cashews
- 1/4 cup softened coconut oil
- 2 tablespoons ground flaxseeds
- A pinch of sea salt

Soften coconut oil by placing its container in warm water for 20 minutes. Pulse the cashews in a food processor with an S blade until flour-like. Add the remaining ingredients and blend until smooth.

Storage: 2-3 weeks in the refrigerator in a sealed glass container

Benefits:

Cashews contain copper, phosphorus, manganese, magnesium, and zinc. They have a lower fat content than most nuts, are heart-healthy, and are good for your bones.

Flaxseeds are a rich source of micronutrients, dietary fiber, manganese, B1, and the essential omega-3 fatty acid alpha-linolenic acid (ALA).

Strawberry Shortcake Pistachio Butter

- 1 cup raw pistachios
- 1 cup raw cashews
- 4 tablespoons ghee butter
- 2 tablespoons pure strawberry powder
- 1 teaspoon vanilla extract
- A pinch of sea salt

Soften ghee butter by placing its container in warm water for 20 minutes. Pulse the pistachios and the cashews in a food processor with an S blade until flour-like. Add the remaining ingredients and blend until smooth.

Storage: 2-3 weeks in the refrigerator in a sealed glass container

Snicker Doodle Almond Butter

- 2 cups raw almonds*
- 4 tablespoons ghee butter
- 1 tablespoon ground cinnamon
- 1 teaspoon vanilla extract
- Liquid vanilla stevia to taste for sweetness
- A pinch of sea salt

Soak the raw almonds overnight. Pop off the skins and rinse. Put in the dehydrator at 105 F for 24 hours or in your oven on a baking sheet on lowest setting with oven door slightly open overnight. Soften ghee butter by placing its container in warm water for 20 minutes. Pulse the almonds in a food processor with an S blade until flour-like. Add the remaining ingredients and blend until smooth.

Storage: 2-3 weeks in the refrigerator in a sealed glass container

*Sprouted if possible, skins taken off, and dehydrated for 24 hours. The skins can cause tummy issues due to the tannins.

Raw Walnut Butter

- 2 cups raw walnuts
- 4 tablespoons ghee butter
- 1 teaspoon vanilla extract
- A pinch of sea salt

Soften ghee butter by placing its container in warm water for 20 minutes. Pulse the walnuts in a food processor with an S blade until flour-like. Add the remaining ingredients and blend until smooth.

Storage: 2-3 weeks in the refrigerator in a sealed glass container

High Protein Vanilla Cashew Butter

- 2 cups raw cashews
- 1/4 cup softened coconut oil
- 1 scoop vanilla whey protein from grass-fed source
- 1 teaspoon vanilla extract
- Liquid vanilla stevia or sweetener of choice
- A pinch of sea salt

Soften coconut oil by placing its container in warm water for 20 minutes. Pulse the

cashews in a food processor with an S blade until flour-like. Add remaining ingredients and blend until smooth.

Storage: 2-3 weeks in the refrigerator in a sealed glass container

Chocolate Hazelnut Butter (“Nutella”)

- 2 cups raw hazelnuts
- 1/4 cup softened coconut oil
- 2 tablespoons raw cacao
- 1 teaspoon vanilla extract
- Dark chocolate chips to taste
- A pinch of sea salt

Soften coconut oil by placing its container in warm water for 20 minutes. Pulse the hazelnuts in a food processor with an S blade until flour-like. Add the remaining ingredients and blend until smooth. For additional chocolate taste, fold in dark chocolate chips.

Storage: 2-3 weeks in the refrigerator in a sealed glass container

Green Banana Macadamia Nut Butter

- 1/2 green banana dehydrated over night
- 2 cups raw macadamia nuts
- 2 tablespoons softened coconut oil
- 1 teaspoon vanilla extract
- 8 drops liquid vanilla stevia to taste
- A pinch of sea salt

Peel the green banana, cut in half lengthwise, and dehydrate overnight. Soften coconut oil by placing its container in warm water for 20 minutes. Pulse the macadamia nuts in the food processor with an S blade until flour-like. Add the remaining ingredients and blend until smooth.

Storage: 2-3 weeks in the refrigerator in a sealed glass container

Benefits:

Green bananas are different from ripe bananas in that they contain a high amount of resistant starch. Since the body cannot break down resistant starches, green bananas will not raise your insulin levels! Dehydrating the banana makes it taste like a ripe banana. *Macadamia nuts* contain vitamin A, iron, protein, thiamin, riboflavin, niacin, folates, zinc, copper, calcium, phosphorus, potassium, magnesium, polyphenols, amino acids, flavones,

and selenium.

Macadamia Cardamom Cashew Butter

- 2 cups raw cashews
- 1/4 cup softened coconut oil
- 1 tablespoon maca powder
- 1 teaspoon ground cardamom
- 1 teaspoon vanilla extract
- A pinch of sea salt

Soften coconut oil by placing its container in warm water for 20 minutes. Pulse the cashews in the food processor with an S blade until flour-like. Add the remaining ingredients and blend until smooth.

Storage: 2-3 weeks in the refrigerator in a sealed glass container

Benefits:

Cardamom aids digestion and detoxification, lightens depression, regulates blood pressure, provides antioxidants, and has anti-inflammatory and aphrodisiac effects.

Cinnamon Ginger Brazil Nut Butter

- 2 cups raw Brazil nuts
- 4 tablespoons ghee butter
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- A pinch of sea salt

Soften ghee butter by placing its container in warm water for 20 minutes. Pulse the Brazil nuts in a food processor with an S blade until flour-like. Add the remaining ingredients and blend until smooth. Add more cinnamon if desired.

Storage: 2-3 weeks in the refrigerator in a sealed glass container

Benefits:

Brazil nuts are high in monounsaturated fatty acids (MUFAs), vitamin E, selenium, copper, magnesium, manganese, potassium, calcium, iron, phosphorus, and zinc.

Blueberry Turmeric Cashew Butter

- 2 cups raw cashews
- 1/4 cup softened coconut butter
- 2 tablespoons pure blueberry powder
- 1 teaspoon ground turmeric
- 1 teaspoon vanilla extract
- A pinch of sea salt

Soften coconut butter by placing its container in warm water for 20 minutes. Pulse the cashews in a food processor with an S blade until flour-like. Add the remaining ingredients and blend until smooth.

Storage: 2-3 weeks in the refrigerator in a sealed glass container

Benefits:

Blueberries contain polyphenol antioxidants and are anti-inflammatory.

Turmeric belongs to the curcuminoid category and contains polyphenol antioxidants. Curcumin is the main active ingredient in turmeric. It has powerful anti-inflammatory effects and is a very strong anti-oxidant.

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