

Do something COOL.

SOYNU T BUTTER RECIPE

Roasted soybeans, like peanuts and almonds, contain a large amount of oil, and they can be ground and made into a buttery spread. Follow this easy recipe to make your own. Use it to make sandwiches or a dip.

What you need

- 1 cup roasted unsalted soynuts
- 1 cup water or more
- 1 ½ tbsp. of vegetable oil
- Salt to taste (optional)
- Blender or food processor
- Rubber spatula or wooden spoon

What you do

1. With the help of an adult, place soynuts, one cup of water, and the vegetable oil into the bowl of a blender or food processor.
2. Blend until smooth.
3. Slowly add more water to make the soynut butter smoother or thinner.
4. Add salt to taste. Blend again.
5. Spoon the soynut butter into a container and enjoy!

Doing more

Because nuts and many seeds have lots of oil in them, they are used around the world to make buttery spreads and pastes. You may know about peanut butter, and now soynut butter. But, do you know about tahini, marzipan, and satay? Find out in where each of them is popular and how each is made.

Yum!

