



This raw vegan butter alternative is a delicious spread that, like dairy butter, is hard refrigerated and is soft and easy to spread at room temperature. You can give it a more cheesy taste by adding extra nutritional yeast. This vegan butter is nutritious too, and made up of fats that support weight loss and health.

## Raw Vegan Butter

¼ cup Coconut Oil  
¼ cup Pine nuts  
1 Tbsp Nutritional yeast  
½ tsp Salt

Place all ingredients in a food processor and process until smooth. Transfer to a container. This vegan butter will be soft left out at room temperature and hard when refrigerated, similar to dairy butter.

Coconut oil has been considered by many cultures to be a cure-all. Over 98% of the fats we consume are long chain fatty acids. But the fat in coconuts is mainly made up of medium chain fatty acids. These metabolize differently in our body and helps to clean our cells of unhealthy fats, making it great for detox and weight loss. Coconuts are antifungal, antimicrobial, antioxidant and antibacterial.

Nutritional yeast is an inactive yeast, yellow in color with a nutty cheesy flavor. It has many minerals and vitamins, including vitamin B12, and so it is great for vegans to add into their foods. It is often found in the bulk sections of most health food stores.

