

how to make cashew butter

How to Make Cashew Butter: A Simple Guide to a Creamy Homemade Spread

how to make cashew butter is a question many food enthusiasts and health-conscious individuals ask when they want a delicious, nutritious alternative to traditional nut butters available in stores. Cashew butter is not only creamy and rich in flavor but also packed with healthy fats, vitamins, and minerals. Whether you're looking to avoid additives or simply enjoy the satisfaction of homemade goodness, making your own cashew butter at home is easier than you might think.

In this article, we'll walk through the entire process—from choosing the right cashews to blending tips and storage recommendations. Along the way, we'll touch on related topics like the benefits of cashew butter, how to customize flavors, and how it compares to other nut butters.

Why Choose Homemade Cashew Butter?

It's tempting to grab a jar off the shelf, but homemade cashew butter comes with several perks that make the effort worthwhile. First, you control the ingredients — no added sugars, preservatives, or unhealthy oils. Many commercial nut butters contain additives to extend shelf life or improve texture, but homemade versions remain pure and natural.

Additionally, crafting your own cashew butter allows you to tailor the flavor and consistency exactly how you like it. Want it ultra-smooth or with a bit of crunch? Prefer a hint of salt or a touch of sweetness? Homemade gives you that freedom.

Finally, making cashew butter at home can be cost-effective, especially if you buy raw cashews in bulk. Plus, it's a fun kitchen project that can inspire creativity with recipes beyond simple spreads.

The Basics: What You Need to Make Cashew Butter

Choosing Your Cashews

Start with quality nuts. Raw or roasted cashews both work, but roasting them at home enhances the buttery flavor and makes blending easier. If you prefer a lighter, more neutral taste, raw cashews are the way to go. Opt for unsalted varieties unless you plan to add salt yourself.

Equipment Essentials

You don't need fancy gear, but a powerful food processor or high-speed blender is key. Cashews are dense and require a machine that can handle prolonged processing without overheating. A sturdy spatula is helpful for scraping down the sides during blending.

Optional Ingredients

While pure cashew butter needs just cashews, many people like to add:

- A pinch of sea salt to enhance flavor
- A drizzle of honey, maple syrup, or agave for natural sweetness
- A splash of neutral oil (like coconut or grapeseed oil) for creamier texture
- Spices such as cinnamon or vanilla extract for unique twists

Step-by-Step Guide: How to Make Cashew Butter at Home

Preparing Your Cashews

If starting with raw cashews, roasting is recommended for the best flavor. Spread the nuts evenly on a baking sheet and roast them in a preheated oven at 350°F (175°C) for about 10-12 minutes. Stir occasionally to ensure even toasting. Let them cool before blending.

Blending Process

1. Place the cooled cashews in your food processor or blender.
2. Pulse several times to break them down into coarse crumbs.
3. Continue processing, stopping every 30 seconds to scrape down the sides. At first, the nuts will turn into a gritty powder.
4. Keep blending — after a few minutes, the oils will release, and the mixture will become creamy and smooth. This can take anywhere from 4 to 10 minutes depending on your machine.
5. If the butter seems too thick or dry, add a teaspoon of neutral oil and blend again.

Taste and Adjust

At this stage, taste your cashew butter. If desired, add salt, sweeteners, or flavorings, then pulse a few more times to incorporate.

Tips to Perfect Your Cashew Butter

- Don't rush the blending—patience is key to achieving that silky texture.
- If your food processor overheats, pause and let it cool to avoid damaging the motor.
- For a crunchy variant, reserve some chopped cashews and stir them in after blending.
- Store your cashew butter in an airtight jar in the refrigerator to extend freshness. It should keep well

for up to a month.

Creative Ways to Enjoy Homemade Cashew Butter

Cashew butter is incredibly versatile beyond just spreading on toast. Here are some ideas to incorporate it into your meals and snacks:

- Stir into smoothies for added creaminess and protein
- Use as a base for sauces or salad dressings
- Spread on pancakes or waffles
- Mix into oatmeal or yogurt bowls
- Use in baking recipes like cookies or energy bars

Health Benefits of Cashew Butter Compared to Other Nut Butters

Cashew butter shines nutritionally with its rich content of monounsaturated fats, which support heart health. It also provides magnesium, copper, and iron, essential for energy production and immune function. Compared to peanut or almond butter, cashew butter typically has a slightly sweeter, milder taste and tends to be creamier, making it appealing for those sensitive to stronger nut flavors.

While all nut butters offer health benefits, cashew butter's buttery texture and subtle flavor make it a favorite in many kitchens.

Exploring how to make cashew butter at home opens the door to experimenting with your own flavors and textures, elevating your everyday meals with a wholesome, homemade touch. Whether you enjoy it straight from the jar or incorporate it into recipes, this creamy spread is sure to become a pantry staple.

Frequently Asked Questions

What are the basic ingredients needed to make cashew butter?

The basic ingredient needed to make cashew butter is raw or roasted cashews. Optionally, you can add a pinch of salt, a small amount of oil, or sweeteners like honey or maple syrup.

How do you make smooth cashew butter at home?

To make smooth cashew butter, roast cashews if they are raw, then blend them in a food processor or high-speed blender for about 5-10 minutes, scraping down the sides as needed, until the mixture becomes creamy and smooth.

Is it necessary to roast cashews before making cashew butter?

Roasting cashews is not necessary, but it enhances the flavor and helps release natural oils, making it easier to achieve a creamy texture.

How long does it take to make cashew butter using a food processor?

It typically takes about 5 to 10 minutes of processing, depending on your equipment, to achieve a creamy cashew butter consistency.

Can I add oil to cashew butter to make it creamier?

Yes, adding a small amount of neutral oil like coconut or vegetable oil can help achieve a creamier texture, especially if your cashews are dry or if the butter is too thick.

How should cashew butter be stored to keep it fresh?

Store cashew butter in an airtight container in the refrigerator to keep it fresh for up to 2-3 weeks. Stir before use if natural oils separate.

Can I make cashew butter without a food processor?

While a food processor is the most efficient tool, you can use a high-powered blender or even a mortar and pestle, but it will require more time and effort to achieve a smooth consistency.

What are some popular flavor variations for homemade cashew butter?

Popular flavor variations include adding cinnamon, vanilla extract, cocoa powder, honey, or a pinch of sea salt to enhance the taste of cashew butter.

Is homemade cashew butter healthier than store-bought versions?

Homemade cashew butter is often healthier because you control the ingredients, avoiding added sugars, preservatives, and unhealthy oils commonly found in store-bought versions.

Can I use raw cashews directly to make cashew butter without soaking or roasting?

Yes, you can use raw cashews directly, but soaking or roasting them improves texture and flavor, making it easier to blend into a creamy butter.

Additional Resources

How to Make Cashew Butter: A Detailed Guide to Crafting Creamy, Nutritious Spread

how to make cashew butter is a question that has gained considerable attention among culinary enthusiasts and health-conscious consumers alike. Cashew butter, prized for its rich, buttery flavor and creamy texture, offers a delectable alternative to more common nut butters like peanut and almond. This article explores the process behind creating homemade cashew butter, discussing the necessary ingredients, equipment, and techniques to achieve a smooth, flavorful spread. Additionally, we examine the nutritional benefits, potential challenges, and customization options, providing a comprehensive resource for anyone interested in making their own cashew butter.

Understanding Cashew Butter: Characteristics and Benefits

Cashew butter is a spread made by grinding roasted cashew nuts into a smooth paste. Unlike peanut butter, cashew butter tends to have a milder, sweeter flavor and a creamier consistency, making it a versatile ingredient in various recipes—from smoothies and baked goods to savory sauces. When considering how to make cashew butter, it is important to recognize its nutritional profile. Cashews are rich in heart-healthy monounsaturated fats, protein, vitamins E and K, magnesium, and antioxidants. This nutrient density makes cashew butter not only a tasty addition but also a beneficial one for maintaining overall health.

Moreover, homemade cashew butter allows for control over added ingredients, such as salt, sugar, and oils, which are often present in commercial varieties. This control aligns well with clean eating and dietary restrictions, including paleo and vegan diets.

Essential Ingredients and Equipment for Homemade Cashew Butter

Ingredients

To make authentic cashew butter, the primary ingredient is raw or roasted cashew nuts. The choice between raw and roasted nuts affects both flavor and texture:

- **Raw Cashews:** Yield a subtler, slightly sweeter flavor but require roasting for optimal taste and texture.
- **Roasted Cashews:** Bring a deeper, nuttier flavor and contribute to a creamier butter with less processing time.

Additional optional ingredients include:

- Salt — to enhance flavor.
- Neutral oil (e.g., coconut, grapeseed, or avocado oil) — to improve creaminess and ease blending.
- Sweeteners (e.g., honey, maple syrup) — for those who prefer a sweeter spread.

Equipment

The process of how to make cashew butter requires a few kitchen tools:

- **Food Processor or High-Powered Blender:** A robust appliance capable of grinding nuts into a smooth paste without overheating.
- **Baking Sheet:** If roasting raw cashews at home.
- **Spatula:** For scraping down the sides of the processor to ensure even blending.
- **Air-Tight Container:** For storing the finished butter.

The Step-by-Step Process: How to Make Cashew Butter

1. Roasting the Cashews (If Using Raw Nuts)

Roasting cashews is a crucial step that enhances flavor and texture:

1. Preheat the oven to 350°F (175°C).
2. Spread raw cashews evenly on a baking sheet.
3. Roast for 10–12 minutes, stirring once halfway through to ensure even toasting.
4. Remove and allow to cool completely before processing.

Roasting caramelizes the natural sugars in the nuts and releases the oils, which facilitate smooth

blending.

2. Blending the Cashews

Transfer the cooled cashews to the food processor or blender. Begin processing on high speed. Initially, the nuts will break down into crumbs and eventually clump together before releasing their oils.

This stage requires patience:

- Stop every 30–60 seconds to scrape the sides with a spatula.
- Continue processing for 5 to 10 minutes until the mixture becomes creamy and smooth.
- If the butter seems dry or grainy, add 1 teaspoon of oil at a time to improve texture.

3. Seasoning and Flavor Adjustments

Once the desired consistency is reached, incorporate salt or sweeteners as preferred. A pinch of sea salt can significantly elevate the nutty flavor, while natural sweeteners can enhance palatability for those who enjoy a sweeter spread.

4. Storage

Transfer the cashew butter to an airtight container. Homemade cashew butter typically lasts 2 to 3 weeks refrigerated. Stir before each use if natural oil separation occurs.

Comparing Homemade vs. Store-Bought Cashew Butter

When analyzing how to make cashew butter, it is insightful to consider the advantages and drawbacks of homemade versions compared to commercial products.

- **Purity and Control:** Homemade cashew butter contains only ingredients you add, free from preservatives, stabilizers, and excess sugars found in many store-bought options.
- **Cost-Effectiveness:** While raw cashews can be expensive, making butter at home can save money over premium commercial brands.
- **Customization:** You can adjust salt levels, sweetness, and texture to suit personal

preferences.

- **Time and Equipment:** The process requires time and a capable food processor, which may be a barrier for some.

Tips for Achieving the Perfect Cashew Butter

The process of how to make cashew butter can be fine-tuned with a few professional tips:

- **Use Fresh Cashews:** Old or rancid nuts will negatively impact flavor.
- **Allow Resting Time:** If the texture is grainy, letting the butter rest for a few hours can help the oils distribute evenly.
- **Don't Overheat:** Continuously monitor the processing time to prevent burning the nuts or overheating the motor.
- **Experiment with Add-ins:** Spices like cinnamon, vanilla extract, or even a pinch of cayenne can create unique flavor profiles.

Exploring Variations and Uses of Cashew Butter

Cashew butter's versatility extends beyond a simple spread:

- **In Smoothies:** Adds creaminess and protein.
- **As a Sauce Base:** Combined with soy sauce, ginger, and garlic, it creates a rich, creamy dressing for noodles or salads.
- **Baking Ingredient:** Can substitute for oils or butter in recipes to add moisture and nutty flavor.

Moreover, cashew butter can be blended with other nut butters or seeds to create complex taste and texture profiles.

Final Thoughts on How to Make Cashew Butter

Understanding how to make cashew butter reveals the balance between simplicity and technique involved in crafting this nutritious spread. From selecting quality cashews to mastering the blending process, homemade cashew butter offers a rewarding experience that yields a product tailored to individual tastes and dietary needs. Its creamy texture and subtle sweetness make it a valuable addition to a healthful pantry, empowering consumers to enjoy a wholesome nut butter free from unnecessary additives. Whether for everyday use or gourmet applications, learning to make cashew butter opens the door to culinary creativity and enhanced nutrition.

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how to make cashew butter: The Nut Butter Cookbook Robin Robertson, 2014-08-19 Get ready to go nuts with 100 delicious vegan recipes that get extra richness, nutrition, and flavor from nut butter. Robin Robertson, author of the popular Quick-Fix Vegan, is back with more vegan culinary goodness! The Nut Butter Cookbook is filled with creative ways to enjoy the flavor and nutrition of butters made from cashews, almonds, peanuts, chestnuts, macadamias, and more. There are options for every meal of the day—all equally delectable whether the nut butter is store-bought or homemade. The Nut Butter Cookbook also features an informative foreword by Julieanna Hever, author of The Complete Idiot's Guide to Plant-Based Nutrition, as well as nut-free, gluten-free, and soy-free options that make this book useful for everyone. Robin's nut-buttery dishes include: Maple-Pecan Butter Waffles with Pecan Maple Syrup Ginger Walnut Scones Artichoke-Walnut Butter Bisque Grilled Vegetables with Almond Romesco Sauce Sichuan Stir-Fry with Fiery Peanut Sauce Pineapple Coconut Cheesecake. This book was originally published as Nut Butter Universe by Vegan Heritage Press.

how to make cashew butter: Nut Butter Bonanza Barrett Williams, ChatGPT, 2025-08-15 Nut Butter Bonanza starts with a simple idea transform everyday nuts and seeds into flavor powerhouses you'll reach for again and again. This engaging, practical guide is a hands-on passport to creating creamy, crunchy, and swirled butters that brighten breakfasts, rescue snacks, and elevate everyday

cooking. Whether you're stocking a busy kitchen, feeding a curious family, or exploring new flavor horizons, this book turns nut butter from a pantry staple into a celebration of texture, balance, and creativity. What you'll discover - Pantry-first approach that saves money while fueling flavor and variety. - Base techniques roasting, soaking, grinding, emulsifying to achieve silky smooth or satisfyingly chunky textures. - Texture mastery ultra-creamy, crunchy, or swirl-and-layer effects with simple, repeatable steps. - Global flavor profiles Middle Eastern, East Asian, Latin American inspirations to spark creativity. - Savory and sweet riffs miso-maple almond butter, garlic-sage cashew, smoky chipotle peanut. - Healthful twists low sugar, high protein options, reduced-oil techniques for everyday indulgence. - Allergen-safe and kid-friendly options seed-based alternatives and mindful labeling. Practical, kitchen-tested applications Turn techniques into meals and moments breakfast boosters for toast, oats, and yogurt; dips and portable spreads for lunchboxes; versatile sauces, dressings, and marinades; smart baking substitutions; and crowd-pleasing desserts. You'll also find guidance on proper storage, shelf life, freezing tips, and budget-smart shopping that helps you minimize waste while maximizing flavor. Ready to create your own Nut Butter Library? Gather your nuts, seeds, and pantry staples, and start crafting signature blends that reflect your tastes and pantry. Add Nut Butter Bonanza to your cart and begin your flavor adventure today.

how to make cashew butter: The Nut Butter Cookbook Heather Thomas, 2018-10-18 Over 60 naturally nutty recipes!

how to make cashew butter: Nut Butter Universe Robin Robertson, 2013-02-12 Think outside the jar with delicious nut butters! Nut Butter Universe is a culinary treasure filled with creative ways to make luscious, protein-rich recipes for breakfast, lunch, dinner, dessert, and snacks. These recipes use delectable butters made from cashews, Brazil nuts, macadamias, chestnuts, almonds, peanuts, and more. Just a small amount of nut butter can add great texture, flavor, and nutrition to your meals. Here are just a few of Robin's mouth-watering recipes, all enriched by delicious nut and seed butters: Artichoke Walnut Butter Bisque Roasted Tahini Cauliflower Pistachio Butter Biscotti Chestnut and Winter Vegetable Pot Pie Pecan Butter Waffles Penne with Avocado Cashew Cream Grilled Peanut Butter Banana Sandwich Pineapple Coconut Cheesecake Chocolate Macadamia Truffles Apple-Almond Butter Crumble There are recipes for making your own nut butters and options for those with nut allergies. The book also contains an informative Foreword by nutrition expert and bestselling author, Julieanna Hever, which explains the health benefits of nuts and nut butters. In addition, the recipes are clearly marked as being gluten-free or soy-free. Also includes helpful indexes, fun facts, and 8-page color photo insert.

how to make cashew butter: Nut Butter Carolyn Cesario, Julie Sullivan, 2019-09-17 The cofounders of Ground Up share "the formulas to their grinds, espresso stout to cinnamon snickerdoodle, plus ways to use them beyond toast" (Portland Monthly). Nut Butter is a guide for those looking to make their own nut butters, as well as to incorporate more nut butter into your life in a healthy way. After making countless nut butters over the years, from some major hits (Cinnamon Snickerdoodle was a happy accident) to some, well . . . odder, concoctions (don't ever make balsamic nut butter!), Julie and Carolyn share their wisdom so that you can make the perfect nut butter at home, too. All recipes will be peanut-free, gluten-free, dairy-free and refined sugar-free . . . but they're so delicious that you wouldn't even know it! You'll come away with the tools and know-how to make your own nut butters, as well as some helpful tips and recipes on how to use nut butters in your everyday cooking. But more than that, you'll feel less intimidated to start preparing healthy and delicious food. Food that fuels your body and makes you feel great! "Profusely illustrated and comprised of fifty palate-pleasing, appetite-satisfying, kitchen cook-friendly recipes that celebrate and showcase nut butters." —The Midwest Book Review

how to make cashew butter: Setting up and running a small-scale business producing high-value foods Axtell, B., Fellows, P., 2014-12-31 Whether you want to start a new business, or improve or diversify an existing operation, this unique text collects for the first time essential information on the demand for high-value foods, their production, marketing and quality management. Aiming to raise awareness of opportunities in high-value foods and ingredients in ACP

countries, the handbook also highlights routes to access different types of value chains for these products. Clearly laid out, with helpful summaries and 'tips for success', this comprehensive publication presents numerous real-life case studies to inspire entrepreneurs to improve their production and profitability.

how to make cashew butter: The Everything Guide to the Ketogenic Diet Lindsay Boyers, 2015-03-13 Drop the weight and get healthy with a low-carb, high-fat diet! Have you tried to lose weight on low-carb diets, only to find yourself struggling with cravings and ultimately putting the weight back on? It's time to try the ketogenic diet, a healthy eating plan that is low in carbs, high in fats, and moderate in protein. This combination provides real fat-loss results, as your body burns fat for fuel. In this all-in-one guide, you'll learn: How your body obtains energy What ketosis is and how it helps you lose weight How to calculate your personal macronutrient ratio Which foods to avoid and embrace How to reduce your body fat and improve insulin levels With customizable daily meal plans, you'll learn how to adapt the ketogenic lifestyle to suit your own needs and tastes. If you're looking to lose weight, improve your energy, and never feel deprived with flavorful, natural whole foods, *The Everything Guide to the Ketogenic Diet* has you covered.

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how to make cashew butter: My New Roots Sarah Britton, 2015-04-09 'A total inspiration in my kitchen, this book is an essential read for anyone wanting to put more whole foods, veg and joy into their kitchen.' – Anna Jones author of *A Modern Way to Eat* *My New Roots* is packed with more than one hundred simple and mouth-watering vegetarian recipes, including fragrant courgette and coconut noodle soup, homemade ginger ale, comforting chocolate chilli and a decadent chai upside-down plum cake. Whether you're vegetarian or vegan or just want to introduce more plants into your diet, there are so many seasonal options to choose from in this beautiful book. *My New Roots* embraces all-natural ingredients – so you can have as much as you want and know that it's good for your body. With options that are free from sugar and gluten, these seasonal, healthy recipes are designed to taste incredible, satisfy your appetite and make you feel fantastic. Sarah Britton's healthy eating blog *My New Roots* draws over half a million views a month with her vibrant vegetarian dishes. This beautiful book puts delicious and irresistible whole foods at the centre of every plate. 'Sarah Britton is a shining example of the benefits of healthy, meat-free eating . . . *My New Roots* takes the plant-based crown' – Stylist

how to make cashew butter: The Allergy-Free Cook Bakes Cakes and Cookies Laurie Sadowski, 2013-01-04 A follow-up and companion to *The Allergy-Free Cook Bakes Bread*, this book is designed for anyone who needs to avoid gluten, dairy products, and other common food allergens but doesn't want to feel deprived. Now those with food sensitivities can fearlessly indulge in rich cakes, moist cupcakes, tender cookies, gooey bars, and crunchy biscotti. These sweet treats are perfect for everyday snacks, fun celebrations, morning brunch, and everything in between. Laurie

explains how to interpret food labels, prevent cross-contamination, and make ingredient substitutions, and provides detailed information on gluten-free flours and other essential ingredients for an allergy-free kitchen. All recipes indicate whether they're free of dairy, eggs, gluten, nightshades, soy, wheat, legumes, nuts, peanuts, seeds, or yeast. Especially helpful for people with celiac disease, families living with autism or ADHD, and anyone who wants to avoid animal-based foods, *The Allergy-Free Cook Bakes Cakes and Cookies* provides guidance and recipes for those who want to eat safely, compassionately, and nutritiously, without sacrificing a single crumb of delicious flavor.

how to make cashew butter: *If It Makes You Healthy* Sheryl Crow, Chuck White, Mary Goodbody, 2011-03-29 Known as much for her youthful looks and natural chic as she is for her sunny and heartfelt songs, Sheryl has written a cookbook that is true to her style Rock star. Activist. Mother of two. How does Sheryl Crow have time to keep so healthy and fit? Sheryl knows how to eat right and deliciously thanks to personal chef Chuck White, affectionately known as Chef Chuck. The duo met while Sheryl was battling breast cancer, which for her, was a wake-up call to eat better. Since then, Chuck has taught Sheryl how to do just that by cooking foods that are seasonal, locally grown, and vitamin-rich to keep her on top of her game and always ready to perform. This wholesome approach to every dish has been successfully integrated into all aspects of Sheryl's busy life—from dinner parties, to touring, to settling in at home near Nashville, TN with her two sons, Wyatt and Levi. Now Sheryl and Chuck want to bring their nutritious, delicious creations from her kitchen into yours. Rock-and-roll flavored throughout, *If It Makes You Healthy* will have a full menu of approximately 125 recipes grouped seasonally, which reflects Sheryl's busy schedule: Summer months offer tomatoes and corn, and summer also puts Sheryl on the road. Fall and winter brings apples and winter squash, when Sheryl is at home and in the studio. From the big entertaining menus that are prepared for her crew while touring (Mojito braised pork) to small home-cooked meals for Sheryl and her children (basil and apple marinated chicken)—all lushly photographed by Victoria Pearson—this book will be filled with easy and flavorful recipes anyone can make. Along the way, Sheryl opens up about touring and home life with stories about her childhood, her early years as a backup singer, and her eventual stardom.

how to make cashew butter: **Vegan Wholesome** Brandi Doming, 2025-04-15 100 flavorful, vegan recipes for high-protein meals and snacks to fuel an active lifestyle on a plant-based diet, from the author of *The Vegan 8* “Brandi Doming serves up nourishing, delicious protein-rich recipes in this flavor-packed book that will become a mainstay on your kitchen counter.”—Carleigh Bodrug, New York Times bestselling author of *PlantYou* Don't know how to get enough protein on a vegan diet? Brandi Doming is here to help! With 100 energizing, oil-free meals and snacks, *Vegan Wholesome* will help fuel your active lifestyle and provide the nutrition so often missing from a plant-based diet. These hearty whole-food recipes cover all meals of the day, from power breakfasts and quick lunches to satisfying dinners, one-pot meals, and sweet treats. Enjoy dishes like Sweet Jalapeño Cornbread Waffles, Tim's Greek Salad with Homemade Feta, Creamy Gochujang Chickpeas and Lentils with Poblano Pepper, Teriyaki Orzo Casserole, Jackfruit Pinto Bean Chili, Protein Packed Mac 'n' Cheese, Smoky Bean Dip, and Chocolate Pots de Crème. With high-protein recipes and tips and ingredient swaps for a wide range of nutritional needs, *Vegan Wholesome* provides the framework to enjoy comforting plant-based meals while also meeting your daily protein goals.

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Chocolate Chia Seed Bars Hazelnut Caramel Balls Raspberry Macaroons Kiwi + Coconut Cheesecake Squares Pecan Praline Ice Cream Dark Chocolate Pistachio Fudge And more! Complete with photographs, Clean Desserts will change the way you feel about dessert!

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