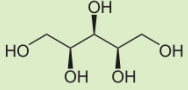


TOXIC NUT BUTTERS

WHAT TO AVOID



XYLITOL

Xylitol is commonly found in sugar-free gums, candies, and some foods. Highly toxic to dogs and cats, always check the ingredients when feeding commercial nut butters.

Brands that contain Xylitol



GO NUTS



P28



NUTTY BY NATURE



NUTS'N MORE

ALWAYS CHECK THE LABEL

These are known brands of nut butters or nut spreads that currently contain Xylitol and is not meant to be an extensive list. There may be other brands that contain Xylitol, always check the ingredients label before feeding any nut butter to your pet.

Other names for Xylitol

birch bark extract

Anhydroxylitol

birch sugar

Zylatol

xylite

d-xylitol

1,4-anhydro-d-xylitol

xylitylglucoside



BUYING NUTS

WHAT TO LOOK FOR



Raw or
dry-roasted;
unsalted



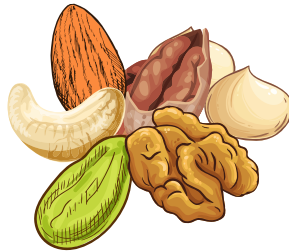
Organic



Avoid
bulk bins

SAFE

- almonds
- pecans
- walnuts, English
- cashews
- pistachios
- hazlenuts



TOXIC

- macadamias

AVOID

- flavored nuts
- shells
- salted

BUYING NUT BUTTERS

Fresh ground nut butters found in stores often use bulk nuts and may contain aflatoxins. Purchasing a commercial nut butter or making your own using fresh nuts may be safer.



STORAGE

Nuts should be stored in an airtight container and kept in a cool, dry space. Refrigerate fresh ground nut butters.

ALMOND BUTTER

RECIPE



INGREDIENTS

- ✓ 2 cups unsalted almonds
- ✓ 2 Tbls coconut oil (optional)



EQUIPMENT

- ✓ Hi-powered blender (Vitamix, Ninja) OR food processor

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DIRECTIONS

1

Add almonds to the blender or food processor, pulse to break up the almonds.

2

Process until the mixture becomes creamy. This may take up to 10 minutes. Take breaks if motor overheats.

3

As needed, turn off processor to scrape sides down.

4

Optional: once texture is creamy, add small amounts of coconut oil for flavor or a smoother consistency.

NOTES

- Store in an airtight container in the fridge for 2-3 weeks
- Yield: Approx 1-1/2 cups