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r/AskCulinary • 2 yr. ago

backfromsolaris



How to thicken homemade nut butters, sans carbs

Hi all, I did a brief search on related posts prior to writing this, please link if I missed something.

I'm making homemade nut butters for backpacking trips. My first batch last week was 50/50 raw macadamia & pecan, with cacao powder & shredded dehydrated coconut added. Very tasty but a bit looser than I'm aiming for even after it was chilled for a few days. Very simple process, just add the nuts to a processor & spin. Ideally I want it as smooth as possible so I'd rather not leave it chunky for the sake of viscosity.

I want to thicken the end result so it holds firm even when not rehydrated, however **I am currently on a strict low low carb diet** so I cannot use something like corn starch or straight up flour.

I have used xanthan gum for sauces but I find that while the consistency is nice when it is fresh, the sauce becomes gooey and slightly stringy after cooling, so I don't want to risk this (unless someone has a proven method to share).

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49



31



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snowflake1415 • 2y ago

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39



[deleted] • 2y ago

I definitely second the nut flours. If I'm making homemade peanut butter cups or something similar, adding peanut flour thickens it up without watering down the peanut flavor. Same with coconut flour.

13

2 more replies



Phratros • 2y ago

I made macadamia butter a while ago and I remember it being pretty loose. Much more so than other nut butters I made. Maybe just something about macadamia nuts. In any case one trick I picked up was from a Cook's Illustrated recipe where they recommend adding water if the nut butter is too loose. So I process the 20 oz of nuts until smooth butter forms and if it's looser than I like I add a teaspoon of water at a time and process for a few seconds (they said three pulses) and see how it looks. I usually don't have to add more than about three teaspoons. I'm sure there is a point you don't want to cross here but I don't know how many teaspoons would that be and they offered no guidance on that. I tried that method with the macadamia butter but stopped after about five teaspoons of water for fear of ruining it. It was improved somewhat but not as much as other nut butters.

18



Fluffy_Munchkin • 2y ago

Macadamia nuts are super high in fat, so they'll become liquidy far easier than other nut butters.

22

1 more reply



backfromsolaris OP • 2y ago

I really love Cook's Illustrated for their little tricks & tips hidden within recipes & articles. A simple emulsion sounds like it could help, thanks!

9

[deleted] • 2y ago

5 more replies



sagefairyy • 2y ago

Maybe try adding protein powder? That way you'd even increase the nutritional value.

15

1 more reply

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Take some inspiration from Native Americans when they made [Pemmican](#) as trail food: add some solid, saturated fats. Here are some with melting points:

- Palm oil - 95°F (35°C)
- Shortening - 117°F (47°C)
- Tallow - 95 - 104°F (35 - 40°C)
- Coconut oil - 78°F (28°C)
- Cocoa butter - 94°F (32°C)

The issue is that you're making a suspension of nuts in a naturally liquid oil since it's unsaturated. If you want it to remain solid, you'd have to either mix it with a fat that's naturally saturated **OR** figure out how to hydrogenate (saturate) the oil yourself, which is a very complex chemical process.

↑ 6 ↓ ...

⊕ 1 more reply



Asterion9 • 2y ago

I would try:

- mix with some coconut oil or cacao butter that is solid at room temp
- emulsify with very little water (eg. Chocolate do that)
- add a fine solid powder (eg. Dutch cacao powder)

↑ 5 ↓ ...

⊕ 1 more reply



[deleted] • 2y ago

Have you ever heard of peanut butter squares. They use gelatin in them and the other ingredients you can sub for low carb versions. Think peanut butter gumdrop Might help on your trip. I'm weird and eat peanut butter by the spoonful. IS that what your doing?

↑ 5 ↓ ...

⊕ 2 more replies



r/PeanutButter • 5 mo. ago

Made three more nut butters.



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Homemade Peanut Butter



118 upvotes · 22 comments

 r/ShittyVeganFoodPorn • 1 yr. ago

Homemade almond butter



101 upvotes · 15 comments

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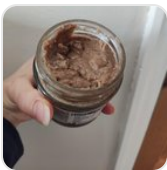
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168 upvotes · 33 comments

 r/ultraprocessedfood • 5 mo. ago

Made almond butter for the first time!



27 upvotes · 15 comments

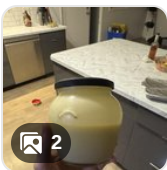
 r/PeanutButter • 1 yr. ago

Looking for almond butters with ingredients that are only almonds and salt.

10 upvotes · 17 comments

 r/treedibles • 5 mo. ago

First time making canna butter



69 upvotes · 14 comments

 r/1500isplenty • 3 mo. ago

A high calorie breakfast (peanut butter is so high calorie!) tastes amazing though.



48 upvotes · 17 comments

PROMOTED

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 r/trailmeals • 2 yr. ago

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r/veganrecipes • 4 mo. ago

What do you put in your overnight oats? I prep 14 jars of oats a time for easy breakfasts and snacks... makes sure I eat a brilliant breakfast every morning

86 upvotes · 45 comments



r/Baking • 2 yr. ago

Advice on if this cake recipe is worth making ? 3 Large eggs , 1C Sugar , 1C flour . I don't have butter so I searched for 3 ingredient Cake recipe

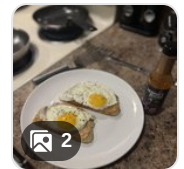
8 comments



r/PeanutButter • 16 days ago

My go to peanut butter breakfast

92 upvotes · 35 comments



r/sugarfree • 2 mo. ago

One of my favorite "healthy snacks" from before trying for no-added-sugar was strawberries and cream, so I wanted to share an actually healthy version that I've been...

25 upvotes · 11 comments



r/1500isplenty • 3 mo. ago

My first time making and eating savory oatmeal

47 upvotes · 10 comments



r/mediterraneandiet • 2 mo. ago

Overnight oats

97 upvotes · 7 comments



r/1500isplenty • 4 mo. ago

Snickers Inspired Oatmeal (373 calories)

138 upvotes · 6 comments



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95 upvotes · 108 comments



r/AskCulinary • 2 yr. ago

Roasting nuts for peanut butter

6 upvotes · 9 comments



r/mealprep • 6 days ago

What are your favorite overnight oats jars?

20 upvotes · 50 comments



r/Baking • 2 yr. ago

ISO Healthy Chocolate Chip Muffin Recipe*

2 upvotes · 5 comments



r/ShittyVeganFoodPorn • 15 days ago

Breakfast today! It has oatmeal AND fruit therefore healthy.



178 upvotes · 10 comments



r/AskCulinary • 2 yr. ago

Sugar free ketchup for bbq beans

5 upvotes · 7 comments



r/Oatmeal • 28 days ago

New to overnight oats

12 upvotes · 16 comments



r/Oatmeal • 4 mo. ago

daily reminder to add honey and peanut butter into your oats :) (the peanut butter is mixed with the oats)

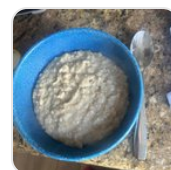


54 upvotes · 10 comments



r/Oatmeal • 2 mo. ago

First time trying oatmeal









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