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r/AskCulinary • 6 yr. ago

svanvalk



How to thicken peanut butter?

Ingredient Question

I bought a big jar of peanut butter off of MyProtien because I wanted a peanut butter that has significantly less salt and sugar and more protein. The peanut butter tastes fine, but no matter how much I stir and stir this stuff it is just so runny. I'm not blaming the manufacturer, its just less viscous than I prefer.

What can I add to it to make it thicker?



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5



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Uncballa • 6y ago

Just stir it up and throw it in the fridge. It should thicken to the consistency you're looking for



10



whoifnotme1969 • 6y ago

Grind your own peanuts and add them to it



8



[deleted] • 6y ago

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If it's homogenized, I got nothing other than add some powdered peanut butter.

↑ 4 ↓ ↻ ...



MintyMint123 • 6y ago

It's probably just oily, store it in the fridge.

↑ 2 ↓ ↻ ...



YairJ • 6y ago • Edited 6y ago

Adding a bit of water(such as 1 to 3 by weight, haven't tried a lot of proportions) and then stirring vigorously with a spoon makes it a lot more viscous in my experience, for reasons I do not understand. Works with tahini too.

You should probably keep it in the fridge afterwards so it doesn't spoil, though(it will also become more viscous there). Don't know how long it keeps there, either.

↑ 2 ↓ ↻ ...



DaCrimsonKid • 6y ago

Put it in the fridge.

↑ 1 ↓ ↻ ...



BamaModerate • 6y ago

Put some in a wide pan and in a warm oven , stirring will make thinner unless you ar heating it. Really probably the best plan would be to ad a thickener try almond flour or hazelnut or process roasted peanuts until real fine.

↑ 1 ↓ ↻ ...



tonyontherun • 6y ago

This is a hunch and VERY counter intuitive, but try adding a bit of water. I don't deal much in natural peanut butters, but I work a lot with Tahini, which is remarkably similar. What's interesting is that when you first add liquid to the otherwise runny paste, it seizes up and becomes very thick -- almost too thick. You end up having to water it down significantly before it becomes loose again. This has something to do with the fat content, but I can't describe why. Take out a T of peanut butter and give a shot.

⊖ ↑ -1 ↓ ↻ ...



kenoll • 6y ago

+ 1 more reply

+ 2 more replies

 r/PeanutButter • 7 mo. ago

Who has tried making their own peanut butter?

20 upvotes · 51 comments

 r/PeanutButter • 3 mo. ago

Never buying peanut butter again. This is so good. Recipe in description.



335 upvotes · 50 comments

 r/PeanutButter • 6 mo. ago

Is it considered unhealthy to have peanut butter twice in one day??



31 upvotes · 26 comments

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100% peanut butter without any oil separation.

56 upvotes · 31 comments



I really like this peanut butter

48 upvotes · 9 comments



Peanut butter<<<<<<<

57 upvotes · 30 comments

5 upvotes · 2 comments

 r/PeanutButter • 1 mo. ago

What’s the most amount of peanut butter you’ve eaten in one sitting before?

38 upvotes · 35 comments

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...



 r/PeanutButter • 3 mo. ago

Actual peanut butter



95 upvotes · 16 comments

 r/PeanutButter • 1 yr. ago

Is selling homemade peanut butter stupid?

14 upvotes · 23 comments

 r/PeanutButter • 1 mo. ago

would you guys get sick if you had to eat peanut butter with every meal for a whole week

27 upvotes · 36 comments

 r/diabetes_t2 • 5 mo. ago

I found a new source for peanut butter without sugar!

36 upvotes · 37 comments

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37 upvotes · 29 comments



r/PeanutButter • 6 mo. ago

Probably my favorite type of peanut butter.

354 upvotes · 76 comments



r/PeanutButter • 4 mo. ago

I made my own peanut butter!

448 upvotes · 63 comments



r/PeanutButter • 3 mo. ago

PEANUT BUTTER PSA

74 upvotes · 30 comments



r/weightgain • 1 mo. ago

If you are afraid to eat peanut butter , this is for you

37 upvotes · 36 comments



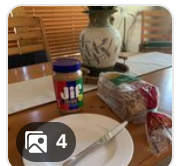
r/PeanutButter • 4 mo. ago

I like peanut butter

226 upvotes · 10 comments



r/PeanutButter • 12 days ago

I love peanut butter

123 upvotes · 15 comments



r/homestead • 6 days ago

Homemade peanut butter

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Why do people keep buying Peanut butter when you can make it at home...

24 comments



r/PeanutButter • 8 mo. ago

what do you consider a normal amount of peanut butter for a sandwich?



181 upvotes · 145 comments



r/Canning • 5 mo. ago

Peanut butter

36 upvotes · 36 comments



r/PeanutButter • 27 days ago

How do you like your peanut butter?



49 upvotes · 64 comments



r/Cholesterol • 4 mo. ago

What is your favorite healthy peanut butter?

7 upvotes · 44 comments

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