



ENERGY BUTTER

INGREDIENTS

- 2 BeBOLD bars (Almond or Peanut Butter)
- 2 tbsp JOI Almond or Cashew base
- 1 tbsp coconut oil, melted (adjust as needed)

METHOD

Blend all ingredients in a food processor or blender until smooth. Add more or less coconut oil depending on desired consistency. Yields 6 oz.