



Homemade Plant-Based Butter

Ingredients

- 1 cup coconut oil, melted
- ¼ cup extra virgin olive oil
- 1 teaspoon Celtic sea salt
- 2 teaspoons soy lecithin
- 1 teaspoon fresh lemon juice
- ½ cup unsweetened plant-based milk (such as soy or oat milk)

Method

1. Blend the Ingredients

Place all the ingredients into a high-speed blender.

Blend for **30–60 seconds**, or until the mixture is completely smooth and creamy.

2. Chill

Pour the mixture into a clean glass jar or airtight container.

Refrigerate for **2–3 hours**, or until firm.

The butter will become spreadable once it has softened slightly at room temperature.

Store in the refrigerator for up to **2 weeks**.

Kitchen Tip

Don't waste the oily residue left in your blender!

Instead of washing it out straight away, make a batch of soup.

Simply add your cooked vegetables and stock to the blender and blend as usual. The remaining oils and seasonings from the vegan butter add extra flavour while cleaning the blender at the same time.

It's an easy way to reduce waste and make clean-up much quicker.

Why Use Healthy Plant Fats?

Healthy fats are essential for brain function, hormone production, healthy cells, and the absorption of vitamins A, D, E and K. This homemade plant-based spread combines extra virgin olive oil, rich in heart-healthy monounsaturated fats and antioxidants, with coconut oil for a smooth, buttery texture. By making your own spread, you avoid many of the additives and preservatives found in some commercial products while enjoying simple, wholesome ingredients.