



## Pip Nut: The Nut Butter Cookbook: Over 70 Recipes that Put the Nut in Nutrition (Hardback)

By Pippa Murray

Quadrille Publishing Ltd, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. Nut butter is the new superfood. You re now as likely to see almond butter as peanut butter on supermarket shelves everywhere. It s a fabulous, high-protein option for those looking to avoid both dairy and palm oil, as well as tasting fantastic. From almond to cashew and peanut, this trailblazing cookbook shows you how to use versatile nut butters in breakfasts, snacks, smoothies, savoury dishes, desserts and bakes, as well as make your own. With recipes including Nut Butter Granola, Peanut Butter and Cacao Protein Balls, Almond Butter Superfood Smoothie, and Peanut Butter and Raspberry Cheesecake, this is the ultimate cookbook for people looking to give a healthy, protein-fuelled boost to their diet.



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