

BETTER BUTTER

VEGETARIAN • 5-INGREDIENT • NO-COOK

This recipe gives you spreadable buttery taste with more heart-healthy unsaturated fats. It's like homemade soft margarine. Use it for spreading on toast, topping steamed vegetables, and anything else you use butter for. Olive oil isn't an ideal choice for this, unless you don't mind the green tint.

**Makes about 2 cups
(1 tablespoon per
serving)**

Hands-on time: 5 min

Total time: 5 min

1 cup unsalted butter,
softened to room
temperature

1¼ cups canola or
sunflower oil

1. Blend the butter and oil together in the food processor until the mixture is perfectly smooth. It may take 2 to 3 minutes.
2. Pour the mixture into a storage container with a lid. Store in the refrigerator.

COOKING TIP: If you haven't had a chance to soften the butter, purée it first with the food processor, then let it sit for 15 to 20 minutes before proceeding with the recipe.

PER SERVING: Calories: 121; Total Fat: 14g; Saturated Fat: 4g; Cholesterol: 14mg; Sodium: 1mg; Carbohydrates: 0g; Fiber: 0g; Added Sugars: 0g; Protein: 0g; Potassium: 2mg; Vitamin K: 6mcg