

Justin's®

Justin's Classic Almond Butter
nominated #1 on list of "lip-smacking spreads" on

tasteofhome

"One tester laid the compliments on thick, noting that this 'sweet and delicious' almond butter was the 'perfect thickness.' We loved its spreadability, and you will too!"

- Healthy Cooking, December 2011



THE blend!

Health news and notes • Delicious food ideas • Advice from pros • Staff-tested cooking and fitness gadgets

Spice? Nice! PAGE 11

Cool gifts for cooks you love! PAGE 13

Stealth sugar? Those "healthy" snacks may secretly pack on the pounds! PAGE 16

ENTER HERE! →

spread the word

BUTTER UP WITH THESE LIP-SMACKING SPREADS
—WITH LITTLE TO NO ADDED SUGAR OR SALT

1 JUSTIN'S
Classic Almond Butter
justinsalmonds.com, \$9.95
One tester laid the compliments on thick, noting that this "sweet and delicious" almond butter was "the perfect thickness." We loved its spreadability, and you will, too!

2 ONCE AGAIN
Organic Peanut Butter (creamy, no salt)
onceagainbutter.com, \$6.33
Flecks of peanut skin add sweetness and with just a single ingredient (that's), it was our natural choice for top peanut butter. Its strong flavor made it stand out from the crowd.

3 WOWBUTTER
Soy Butter
wowbutter.com, \$4.50
Smooth and creamy, with a touch of sugar and salt for a flavor boost that won over our taste panel. Even better, safe-for-schools Wowbutter is made in a facility that is free from peanuts, tree nuts, gluten, eggs and dairy.

4 PEANUT BUTTER & CO.
Dark Chocolate Dreams
llwpeanutbutter.com, \$6.00
We would be remiss if we failed to investigate the dynamic duo of peanut butter and chocolate. Tasting was hard work, but our testers raved over the rich flavor of this sweet spread.

5 TRADER JOE'S
Sunflower Seed Butter
traderjoes.com, \$3.99
A fun alternative to nut butters, this salty-sweet sunflower seed butter is easy to spread and has an appealing roasted flavor. Great on a morning bagel or as a dipper for celery sticks, it will leave you chirping happily.

6 ONCE AGAIN
Cashew Butter
onceagainbutter.com, \$12.00
Once again, we favored Once Again's nut butter. The roasted cashews in this spread really enhance the nutty flavor. Turn your next PB&J into a more sophisticated CB&J—who says they're just for kids?

DELISH list

dec-jan 2012 | healthy cooking 9