



Nina's Vegan Aquafaba Butter

A dairy free butter spread you can make

- 1/3 cup refined solid coconut oil
- 3 teaspoons canola oil or olive oil
- 3 Tablespoons chickpea liquid (aquafaba) *
- 2/3 teaspoon apple cider vinegar or lemon juice
- 1/3 teaspoon salt if desired
- Pinch ground turmeric for golden color, optional

In a small saucepan melt coconut oil over low heat. Set aside; cool to room temperature. Stir in oil.

In a small food processor, combine aquafaba (chickpea liquid) and lemon juice or vinegar. It will begin to thicken; slowly pour in the oil; continue beating until it thickens and looks a little like mayonnaise.

Add salt to taste; mix in a pinch of turmeric for a golden color.

Place into a small bowl; refrigerate it uncovered overnight or until firm. When it is firm, cover and store in refrigerator. It can be frozen if desired..
Yield: about 16 Tablespoons

For More Information See:

<https://plantepusherne.dk/vegan-aquafaba-butter/>

The Recipe Source: Adapted from the Danish blog [Plantepusherne.dk](https://plantepusherne.dk).

https://www.washingtonpost.com/recipes/vegan-aquafaba-butter/14921/?utm_term=.9f05b54133be

Summary Comments from:

The Washington Post and Plant Pusher Information Tips:

It only takes about 60 seconds to create this butter-substitute spread, which is similar to spreads like Earth Balance. It will taste like European cultured butter with a salty tang and velvety mouth feel.

*Aquafaba is the liquid that is found in a can of chickpeas or chickpea cooking liquid. It is not the soaking liquid from dried chickpeas. I was shocked that it was the liquid that I was straining out and pouring down the drain. Now, I discovered that it was a product that I could even use to make a butter spread.

Here's Some Extra Helpful Hints:

Make sure that you taste the product before adding salt because it might already contain salt. Also, it is very important to add the oil very slowly to create a better product. Do not add all the oil at one time. A tip you can try to get a less flaky butter consistency, chill it in an ice bath during mixing. The "butter" can be refrigerated for up to 2 weeks or frozen for up to 6 months.

About the Recipe: I served this vegan butter spread with some mini rye bread slices recently at a club meeting, and everyone was amazed that I made it. The butter was soft enough to spread easily, golden in color, and had a cultured butter flavor. It's so easy to make and can even be frozen. It's so delicious that it might even convince you to become a vegan.