

Spreadable Avocado Oil Butter

Ingredients:

1 cup (2 sticks) unsalted butter, preferably grass-fed, at room temperature

3/4 cup extra-virgin avocado oil

Pinch sea salt

Directions:

Put the butter and oil in a food processor or blender and blend until smooth. Scrape the sides of the bowl, add a pinch of salt, and continue blending until it's well blended. Transfer the mixture to a jar or other airtight container and refrigerate.