

Non-Dairy Spread



Compared to straight coconut oil, this recipe is lower in saturated fat and is easy to spread right from the fridge.

Yield: 2 cups

Ingredients	Quantity	Comments
Coconut oil, melted	1 cup	
Canola oil	$\frac{3}{4}$ cup	I have not experimented, but other liquid oils would likely work.
Olive oil	$\frac{1}{4}$ cup	

Instructions

- Gently heat coconut oil, until it is just melted. Add the other oils and stir.
- If you are not going to whip it, pour it into containers and refrigerate.
- If you are whipping it, pour it into the bowl that you will use and refrigerate until solid. Whip it with a whisk (hopefully a mixer attachment!) It should double in volume. Spoon into containers.

Containers: I use 1 cup glass canning jars and plastic lids. A canning funnel makes it easier to pour or scoop the mixture into the jar.