



Is Peanut Butter Keto-Friendly?

Yes! Peanut butter contains carbohydrates, fat, and protein; the ratios of those macronutrients are what makes it acceptable for a keto diet. Our Once Again peanut butters that are made with one simple ingredient: peanuts, are a healthy addition to your keto diet.

Peanuts are in the legume family, which includes a variety of beans. Generally speaking, legumes are not included in keto diets; however, peanuts have a higher fat content than other beans which makes them keto-friendly. Moreover, peanuts have a similar macronutrient distribution when compared to nuts such as almonds. They are high in fat and lower in carbs, and thus make a perfect food for the keto lifestyle. Peanut butter fits nicely into your keto diet as a dip for celery, or add it to smoothies, or experiment with it as an ingredient in salad dressings.

Is Almond Butter Keto-Friendly?

Yes! Almond butter is a staple for most following a keto lifestyle. Used often as a versatile ingredient in salad dressings, dips, and sauces, and in many other culinary innovations, nut butters in general have the desired macronutrient ration for a keto diet, and almond butter is a particularly good choice because of its fiber and vitamin E content. Most of our almond butters contain one simple ingredient: almonds. The newest addition to our product line is our Blanched Almond Butter, available in both in Extra Creamy and Crunchy varieties.

Once Again Blanched Almond Butters contain only one gram of carbohydrate per serving! Blanching almonds involves removing the exterior of the almond, leaving behind a surprisingly nutty-sweet interior, with its lighter texture and color. The almonds are then milled using a double-grind process, making the butter creamier than typical almond butter. Blanched almond butter's sauce-like texture enables it to be easily digestible and lovely to use in your favorite recipes such as almond milk, smoothies, soup bases, stir-fries, salad dressings, and veggie and fruit dips.

Is Sunflower Seed Butter Keto-Friendly

Well, yes again! ! Once Again Sunflower Butter is also available unsweetened and with no salt and obviously has no added sugar. And it contains only one gram of naturally occurring sugar per each two-tablespoon serving. The dominant macronutrient in our sunflower seed butter is fat, and that is, mostly unsaturated fat. This profile fits the keto diet lifestyle, and it contributes five grams of protein per each two-tablespoon serving.

Sunflower seed butter works well as an ingredient in sauces, dips, cakes, muffins, cookies, and even in popular keto fat bomb recipes. It excels as a versatile way to add healthy fats and micronutrients including vitamin E, magnesium, phosphorus, and zinc to your diet.

Is Cashew Butter Keto- Friendly?

Yes, absolutely! Our cashew butters have no added sugar. Due to the nature of cashews, once milled they require added oil to enhance spread-ability. The only added ingredients are safflower l and sunflower oils, both acceptable ingredients within the keto diet lifestyle as well. In the two-tablespoon serving size of cashew butter, there are just two grams of naturally occurring sugar. The high fat content of cashew butter combined with low sugar profile fit into the keto diet lifestyle, perfectly.

Cashew butter is a commonly used ingredient in keto-friendly baked goods including muffins and cookies. It works well in salad dressings, sauces, dips, and as a thickening ingredient for soups, and flourless baked goods. Cashew butter has a mild flavor that contributes to its versatility.

Is Tahini Keto-Friendly?

Yes—and a thousand times yes! Our tahini has one simple ingredient, sesame seeds, just lightly toasted and milled to creamy perfection. The macronutrient balance of tahini fits into the keto diet experience yielding a mere four grams of naturally occurring carbohydrates in a two-tablespoon serving. Tahini has a high total fat content, encompassing mostly healthy fats.

Tahini, better known as an ingredient in hummus and many other Mediterranean and Middle East cuisines, is a versatile ingredient for salad dressings, dips, and sauces. But remember to use it in baked goods and keto-friendly cookies where it can function both as a luscious and transformative addition.