

100%
HEALTHY
HI-OLEIC
PEANUTS

THE BUTTERY



Peanut Butter Go Really Nuts!

**NOT
JUST
NUTS!**

Our hi-oleic peanuts are a whole lot better than standard nuts for three reasons – they taste better, they last longer and they are great for your health! And if you live near Barcelona, then our nut butters are also produced locally. Our seeds butter contains three of the most health-giving organic seeds, turning it into a Superfood!



TASTE & TEXTURE PERFECTION

At The Buttery we aim to surprise your senses with each and one of our products and we strive to create healthier nut butters with a perfect texture and taste balance. We craft our nut butters lovingly and in small batches and only use the highest quality ingredients.

HEALTH BENEFITS

Hi-Oleic Peanuts. As well as tasting better and being a good source of protein, hi-oleic peanuts contain around 30% more *Oleic Acid* than standard peanuts giving our peanut butter similar health-giving properties to avocados and olive oil.

Chia, Flax & Hemp. These three seeds are rich in omega-3 & 6, protein, fibre, lignans, and multiple vitamins and minerals. Studies show these seeds can lower blood pressure, reduce inflammation, and improve cholesterol and the health of the heart, skin, and joints, while reducing the risk of developing cancer and diabetes.

BETTER SHELF-LIFE AND QUALITY

Hi-oleic peanuts are known as “long-life” peanuts because the natural substitution of oleic acid for linoleic acid [hence the term “Hi-oleic”] provides a much longer shelf-life. They stay crunchy and taste great for up to 10 times longer after roasting than regular peanuts.

LOCALLY PRODUCED

We are KM 0 and Slow Food enthusiasts and as well as producing locally in Valldoreix, a village near Barcelona, we source local & organic ingredients wherever possible.

Go Really Nuts!

All our products are crafted in small batches with dry-roasted, hi-oleic peanuts and a pinch of organic sea salt.



Cream & Crunch

Fine-milled peanuts blended with crunchy nibs – taste & texture perfection.



Dark Chocolate

A delicious crunchy choco-peanut butter.



White Chocolate

Fine-milled peanuts blended with premium white chocolate.



Chia, Flax & Hemp

Health-giving organic seeds blended with fine-milled peanuts – a Super Butter!



Honey Crunch

Fine-milled peanuts blended with crunchy nibs and organic orange-blossom honey.



Pure Cream

Pure fine-milled peanuts – extra smooth & creamy.



Mini Jars

Individual serving mini jars
for Hotels & Restaurants



Peanut Butter Mini Pack



6x40g

Aoraki Granola



Aoraki Granola is a blend of nutrient & fibre-rich nuts, seeds and oats – providing a powerhouse of energy & a source of protein. The perfect balance of wholesome flavours and crispy crunch.

INGREDIENTS

Rolled oats, orange-blossom honey, almonds, cashews, pecans, chia seeds, flaxseeds, black sesame seeds, hemp seeds, extra virgin olive oil and sea salt.

TRULY TASTY GRANOLA!

The Buttery granolas are hand-crafted using local & organic ingredients in our roastery near Barcelona.

Pedraforca Granola



Pedraforca Granola is a blend of nutrient & fibre-rich nuts, seeds and oats & our **own dark-chocolate peanut butter** – providing a powerhouse of energy & a source of protein. A rich and tasty cereal with notes of chocolate and cinnamon.

INGREDIENTS

Rolled oats, orange-blossom honey, dark chocolate **peanut butter**, **almonds, cashews, pecans**, desiccated coconut, chia seeds, flaxseeds, **white sesame seeds**, hemp seeds, extra virgin olive oil, sea salt and ground cinnamon.



**Try them as a cereal for breakfast, on a salad
or as a snack directly out of the bag.
Literally all you need to climb a mountain!**

About us

At The Buttery we are nuts about a lot of things: a healthy and sporty lifestyle, the environment, local and sustainable businesses, equal opportunities, our families, our nut butters and much much more! We challenge ourselves every day to go really nuts about the things we really love, because being crazy about something you love makes it really happen! We challenge you to follow your hearts as well. So Go Really Nuts!



10% OF PROFITS GO TO COMBAT GLOBAL WARMING

At The Buttery we are passionate about our environment. That's why we are donating 10% of the profits from our nut butter business to initiatives combating global warming. By buying and eating our locally made nut butters, you will be contributing too!

For orders or trade enquiries please email:
orders@thebutterygroup.com

More butters coming soon!