

(NOT BUTTER POWER)

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Runners have long-fueled with peanut butter—but in the past few years, other nut butters have angled for the spotlight on our sandwiches and spoons. From almond to pistachio, any nut can be ground into a creamy or crunchy paste, so how do you choose? Here are our top picks for which nuts runners should go for. The recipes taste just as good if you buy the butters pre-made (and we included our favorite brands), but homemade mixes are usually more economical and often more natural too!

(NUTRITION)

Pecans

This is one of the commercial nut butters that's much more difficult to find. Good thing you can make your own (see page 67). The antioxidant levels in pecans are especially high and they also deliver a good dose of magnesium, which studies have shown reduces inflammation in the arteries and can help arthritis.

DIY TIP
Chocolate and nut butters are a combo you may not be able to resist. Try adding cacao nibs to your recipe for a little cocoa crunch.



NUTS AND BOLT



Artisana Organics Pecan Butter Squeeze Packs (\$2, artisanaorganics.com)



Essentially Coconut Honey Pecan (\$12, essentiallycoconut.com)



Bobo's Oat Bars Gluten Free Maple Pecan (\$3, bobosootbars.com)