

Nut and seed butters — more information

Allowed: Brands and types listed below; 16 ounce (oz) creamy, crunchy



Sunflower butter: creamy, crunchy, no sugar added, or original



Almond butter: creamy, creamy no stir, or crunchy



Almond butter: creamy or crunchy



Almond butter: smooth, lightly toasted smooth, crunchy



Almond butter: crunchy



Not allowed: Brands and types not listed above