
Healthy Nutella

Cook Time: 5 min

prep Time: 10 min

total Time: 10 min

servings: 6

Ingredients:

1 1/2 cups (250g)toasted hazelnuts

1/4 cup (60ml) maple syrup

2 tablespoons coconut sugar

2 tablespoons cocoa powder

pinch of salt

4-5 tablespoons warm water

Instructions:

Full Food-processor Method:

1. Place the hazelnuts in a food processor and process for about 5 minutes until the nuts turn into a butter. You may need to stop and scrape the side a couple of times.
2. Then add the maple syrup, coconut sugar, cocoa powder and salt. Process while slowly adding the water tablespoon by tablespoon until you reach the consistency you desire.

Half Food-processor Method:

1. Place the hazelnuts in a food processor and process for about 5 minutes until the nuts turn into a butter. You may need to stop and scrape the side a couple of times.
2. In a small saucepan over low heat, mix together the maple syrup, 3 tablespoons of water, coconut sugar, cocoa powder and salt, just until the ingredients are blended together. Warming it up helps the sugar and cocoa powder dissolve better.
3. Remove the saucepan from the heat and slowly add in the hazelnut butter, mixing with a whisk.If the mix seems too thick, add a tablespoon or 2 of warm water.
4. Transfer to a jar or other container with a lid. Store in the fridge.