



## Homemade Nutella

We don't know about your house but at ours, we go through Nutella like it's going out of style. We decided to try our hand at making this family favorite from scratch. You'll be amazed at how simple it is to make a healthy and delicious version of this chocolate hazelnut spread!

### Ingredients

2 cups raw hazelnuts  
2 tablespoons cacao powder  
2 tablespoons coconut sugar (powdered)  
½ teaspoon fine sea salt (optional)

### Instructions

**Roast Hazelnuts** - Preheat your oven to 350°F (176°C). Spread the hazelnuts onto a baking sheet and roast for 10 minutes. After the hazelnuts have cooled, place them onto a kitchen towel. Bring the corners of the towel together and rub the outside of the towel with your hands to remove the skins.

**Powdered Coconut Sugar** - While the hazelnuts are roasting, place the coconut sugar into a coffee grinder and grind until it is a fine powder. (This step is optional. Omit if you do not have a coffee grinder.)

**Blend** - Place the hazelnuts into a high speed blender or food processor and blend until smooth and creamy, 1-2 minutes. Add the remaining ingredients and blend until combined 30-60 seconds. (Taste to see if extra sugar or salt is needed.)

Pour the mixture into a jar with a tight fitting lid. Store at room temperature for up to 2 weeks.

### Notes

The spread can be stored in the fridge for up to one month. Allow it to come to room temperature before using as a spread.

Other nuts can be used such as almonds or cashews in place of hazelnuts. Peanuts can also be substituted.