## HOMEMADE NUTELLA



Hazelnuts ready to roast



Homemade "Nutella"!



The Best Part.

It seems there are a hundred different variations for making Homemade Nutella and I'm fairly confident that most of them taste delicious because it's pretty hard to go wrong with the basic flavours here - we're talking chocolate and hazlenut.

Our recipe is easy and and makes a yummy spread that's perfect for toast, pancakes, waffles, fruit and more! You can make it with chocolate or cacao.

I'm sure you're going to love our version of this popular hazelnut spread because it's:

- Rich
- Creamy
- Choc-a-holic worthy
- Sweet but not too sweet
- Spreadable
- So easy to do
- Versatile

We ended up making this recipe two different ways - one with a bar of chocolate and another time

with cacao. You could also make it with cocoa. The version with the chocolate bar definitely seemed creamier but using the cacao was also good but in that case we did add 1 1/2 tablespoons of maple syrup to the mixture.

Either way, totally yummy-licious!

Another option that we've not tried but which I've seen others use is to substitute the hazelnuts for walnuts. This means you don't need to roast and remove the skins of hazelnuts so saves time and walnuts generally cheaper than hazelnuts.

## WHAT ABOUT USING SWEETENER?

You can also use stevia instead of your usual sweetener. I'm not such a fan of the stevia taste but if you do substitute 1/2 of your sweetener for stevia then you should only taste the taste of the sweetener not the stevia. In this recipe you might start with 1 tablespoon of stevia for the additional sweetener per the notes below as an example. Obviously the aim is to reduce sweetener as much as possible. But if you go too low the first time such that you and/or your children refuse to eat "that homemade stuff" and only want the "normal" then my thoughts are that its better to at least be eating this version that might be a bit high on the sweetener side that to be eating the store bought Nutella with which is nearly 50% sugar and also has vegetable oil.

Totally Yum Home-made "Nutella"



Prep time
15 mins
Cook time
15 mins
Total time

Easy and delicious Nutella that's perfect for toast, pancakes, waffles, fruit and more! Can be made with chocolate or cacao.

Author: Dom's Kitchen

Recipe type: Spread, Desert, Snack Type of food: Gluten Free, Paleo

Serves: 2 cups What you need:

- 2½ cups raw or roasted unsalted hazelnuts
- 100 grams of dark chocolate (80% plus best), chopped (see also option for cacao version)
- 2 tablespoons of coconut oil
- 1 tablespoon of maple syrup (or sweetener of choice)
- 1 teaspoon pure vanilla extract
- ½ teaspoon sea salt

## What to do...

- 1. Preheat oven to 180 degrees and add hazelnuts to a rimmed baking sheet in a single layer. If raw, roast for a total of 10-12 minutes or until the nuts have darkened slightly and the skins are starting to loosen. (If already roasted it's still preferable to roast the nuts for about 8 minutes just ensure the natural oils are warmed up and to loosen the skins. This steps makes it easier to transform the nuts into a butter consistency.)
- 2. Remove from the oven and let cool for 5 minutes.
- 3. Use your fingers or a towel to remove the skins from the hazelnuts. They should come off pretty easily. Don't worry if there are some random pieces of skin that you can't get off but the more you get off the creamier the spread will end up.
- 4. Place the hazelnuts (without the skin) and the coconut oil in a high-speed blender or in a food processor. Process for about 30 seconds or if your blended is not high-speed or in danger of over heating you will need to do with breaks and pulsing probably for about 10 minutes. In any case you are aiming for a creamy consistency\*
- 5. Melt the chocolate in a double boiler or in a bowl in the microwave, then stir.
- Pour the melted chocolate into the blender or food processor with the nut butter and pulse until completely combined and smooth, about 2 to 3 minutes.
- Add the sea salt and vanilla and pulse to combine.
- 8. Remove from blender and store in a closed container in the pantry or fridge for up to 2 weeks. In the fridge it will keep longer
- Taste and adjust seasonings as needed, adding more salt or vanilla if desired.

## Chef Dom's Tips:

If you think the Nutella isn't sweet enough you can add 1-2 tablespoons maple syrup or honey. Be aware that (aside from obvious extra sugar) the more syrup or honey you add the firmer the spread will get, so I would use it sparingly. But for sure when changing from store bought nutella you may well have to add at the higher end of sweetener. You can use cocoa or unsweetened cacao powder instead of chocolate. Add 3 tablespoons of cacao or cocoa when you add the vanilla and salt.