

Homemade Keto Chocolate Hazelnut Spread

Description

This spread is great and is ready in just thirty minutes.

Prep time: Ten minutes

Total time: Thirty minutes

Servings: Two cups

Ingredients

- 1 cup of peeled hazelnuts (5.3 oz)
- 1 cup of macadamia nuts (4.6 oz)
- 1/2 cup of almonds (2.6 oz)
- 1 bar of dark chocolate, 85-90% cacao (3.5 oz)
- 1 tablespoon of virgin coconut oil (0.5 oz)
- 1 tablespoon of cacao powder (0.2 oz)
- 1/2 teaspoon of vanilla powder or 1-2 teaspoons of sugar-free vanilla extract
- Optional: 1/2 cup of coconut milk (4 Fl oz)

Instructions

1. First, preheat the oven to about 375 degrees F, then place the macadamia nuts, hazelnuts, almonds on a baking tray. Transfer the tray to the oven and bake until the contents are brown, about ten minutes.
2. Remove the nuts and set aside to cool for about fifteen minutes. Then melt chocolate in coconut oil over a boiling water bath. Pour the nuts into a food processor and blend until smooth.
3. Add in the coconut oil, melted chocolate, vanilla powder, and cacao powder into the blender. Blend until smooth.
4. Transfer the spread into a jar and set aside to cool. Can store in the refrigerator for about three months.