

Easy 5-Ingredient Keto Nutella

Hands-on 10 minutes Overall 30 minutes

Nutritional values (per serving, 1 tbsp, 16 g/ 0.6 oz): Total carbs: 2.8 g, Fiber: 1.4 g,

Net carbs: 1.4 g, Protein: 2.1 g, Fat: 8.9 g, Calories: 92 kcal,

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Ingredients (makes about 1 3/4 cups/ 430 g/ 15.2 oz)

2 1/4 cups peeled hazelnuts (305 g/ 10.7 oz)

1 bar 90% dark chocolate (100 g/ 3.5 oz)

2 tbsp powdered Swerve or Erythritol (20 g/ 0.7 oz), or any low-carb sweetener to taste

1 tbsp cacao powder (5 g/ 0.2 oz)

1-2 tsp sugar-free vanilla extract or 1/2 tsp vanilla powder

Optional: pinch of sea salt and 1/2 cup warm coconut milk or heavy whipping cream (120 ml/ 4 fl oz)

freezer bag. Store in the freezer for up to 3 months. To defrost, place in the fridge overnight.

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Instructions

1. Preheat the oven to 170 °C/ 340 °F (fan assisted), or 190 °C/ 375 °F (conventional). Spread the hazelnuts on a baking tray and roast for 8 - 10 minutes until slightly golden. Remove from the oven and allow to fully cool (about 15 minutes).
2. Meanwhile, melt the chocolate in a water bath. Place the bowl over a pan with boiling water and allow the chocolate to melt whilst occasionally stirring. Make sure no water gets into the chocolate.
3. Once the nuts have cooled slightly, add to a food processor and blitz until smooth.
4. Add the cacao powder, low-carb sweetener, vanilla and blitz.
5. Add the melted chocolate and pulse until combined. (Note: If using coconut milk, slowly drizzle it into the processor while blending. To prevent splitting, similar to chocolate ganache, use warm coconut milk or cream. Never use cold ingredients from the fridge.)
6. Pour the 5-Ingredient Keto Nutella into a jar and allow to cool.
7. Enjoy runny or place in the fridge to set.
8. If you want it runny again after it has been in the fridge, simply leave out in the kitchen at room temperature and it will melt.
9. Store in the fridge in a sealable glass jar for up to a month, or freeze in an ice tray and then pop the keto Nutella cubes out into a