

Low-Carb Chocolate Hazelnut Spread

Hands-on 10 minutes Overall 30 minutes

Nutritional values (per 1 tbsp/ 16 g/ 0.6 oz): Total carbs: 2.8 g, Fiber: 1.3 g, **Net carbs: 1.4 g**,

Protein: 1.9 g, Fat: 9 g, Calories: 93 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes about 2 cups/ 500 g/ 1.1 lb)

1 cup [peeled hazelnuts](#) (150 g/ 5.3 oz)

1 cup [macadamia nuts](#) (130 g/ 4.6 oz)

1/2 cup [almonds](#) (75 g/ 2.6 oz)

1 bar [dark chocolate](#), 85-90% cacao (100 g/3.5 oz)

1 tbsp virgin [coconut oil](#) (15 g/ 0.5 oz)

2 tbsp [powdered Erythritol](#) or [Swerve](#) (20 g/ 0.7 oz)

1 tbsp [cacao powder](#) (5 g/ 0.2 oz)

1/2 tsp [vanilla powder](#) or or 1-2 tsp sugar-free [vanilla extract](#)

Optional: few drops [liquid stevia](#), to taste

Optional: 1/2 cup warm [coconut milk](#) or heavy whipping cream (120 ml/ 4 fl oz)

Instructions

1. Preheat the oven to 190 °C/ 375 °F (fan assisted), or 210 °C/ 410 °F (conventional). Spread the hazelnuts, macadamia nuts, and almonds on a baking tray and transfer to the oven. Bake for about 8-10 minutes, until lightly browned. Remove the nuts from the oven and let them cool for 15 minutes. *If using whole unpeeled hazelnuts: Once roasted and cooled, rub the hazelnuts together in your hands to remove the skins. This makes the butter smooth and avoids the bitter taste imparted by the skins.*
2. Meanwhile, melt the chocolate with coconut oil in a water bath. Place a bowl over a pot with boiling water and let the chocolate melt while stirring. Make sure the water doesn't touch the bottom of the bowl.
3. Place the nuts into a food processor and pulse until smooth.
4. Add the melted chocolate, coconut oil, powdered erythritol, cacao powder and vanilla powder. Pulse until smooth. If you're using coconut milk, slowly drizzle it to the processor while blending (to prevent the chocolate from splitting, use warm coconut milk or cream).

5. Pour into a jar and let it cool down and refrigerate for up to 3 months (or up to 1 week if you're using cream or coconut milk). Enjoy just like you would Nutella!

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