



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Hazelnut Butter SERVES approx 1 cup

CATEGORY Spread PREP TIME 10 min COOK TIME 10-15 min

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

Dry Roast :
2 cups shelled hazelnuts

Oil & Salted :
1 tsp oil of choice (we recommend :
to taste avocado, coconut, or EVOO)
sea salt

DIRECTIONS

1. Preheat oven to 200F.
2. Line a baking tray with parchment paper.
3. (Optional) If using oil and salt, toss shelled hazelnuts in a medium bowl with oil and salt.
4. Spread the hazelnuts over the lined baking tray in an even single layer.
5. Bake for 10-15 minutes, careful not to scorch or burn the nuts, remove from oven and let cool.
6. Once cool to touch, transfer to a high-speed processor or blender.
7. Blend the roasted nuts for about 15 minutes with breaks every 2-3 minutes to prevent overheating. (The longer the nuts are blended the runnier and smoother the consistency becomes)
8. Once your desired consistency is reached, transfer to a clean airtight glass container and refrigerate.

STORAGE

Can be kept at room temperature for up to 1 month or in the refrigerator for up to 3 months.

MY NOTES
