



# KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Healthy Homemade Nutella SERVES approx 2 cup

CATEGORY Spread PREP TIME 10 min COOK TIME \_\_\_\_\_

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

## INGREDIENTS

|            |   |
|------------|---|
| 2 cups     | roasted hazelnuts                                 |
| 1/2 cup    | milk of choice (cashew milk is lovely)            |
| 1 1/2 tbsp | pure vanilla extract                              |
| 1/4 cup    | cocoa powder                                      |
| 1/4 cup    | sweetener (maple syrup is our favourite)          |
| pinch      | stevia  |
| 2 tsp      | oil of choice (coconut or avocado oil works best) |
| pinch      | sea salt  |

## DIRECTIONS

1. In a high-speed food processor or blender add hazelnuts, vanilla extract, milk, cocoa powder, sweeteners, oil and salt.
2. Blend the ingredients for about 15 minutes with breaks every 2-3 minutes to prevent overheating. (The longer they're blended, the smoother the consistency becomes)
3. 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

---

---

---

---