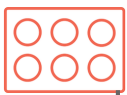




Creamy Hazelnut Spread



APPROX. 1
JAR OF 500ML



20 MIN



TOTAL
30 MIN



Elis Organic

Ingredients

1 Cup	* Hazelnut Raw
115 grams	* Dark Chocolate bar
1 Tbs	* Maple Syrup
1 Can (400 ml)	* Full fat Coconut Milk
1/4 Cup	* Coconut Sugar
2 Tbs	* Coconut Oil
1/3 Tsp	* Sea Salt (Himalayan salt)

Directions

1. Place Hazelnut on a tray in the oven at 350 F for about 15 min. rotating from time to time. Once toasted place them over a cotton cloth to rub and peel.
2. Pour in a pot the coconut milk, maple syrup, coconut sugar and sea salt over medium heat until sugar is completely melted and dissolved, do not let it reach boiling. Place the chocolate bar in the mix and let it melt.
3. Place the Toasted Hazelnuts in the food processor with the 2 Tbs coconut oil for about 3 minutes. Once the hazelnut is well grounded add the mix of the coconut milk and sugar and let it mix again for another 2-3 minutes until you get a smoothie cream.
4. You may notice it is a little liquid, don't worry place it in a jar in the fridge, it will get creamy after a few hours. Enjoy!



NOTES:

* It may be kept in the fridge for about 10 days!