



## Hazelnut Chocolate Spread

Here's a quick tasty and nutritious spread using one of Oregon's agricultural commodities. It's just like Nutella, but homemade.

### Directions:

1. Heat the oven to 400 degrees. Spread the hazelnuts evenly over a cookie sheet and roast until they darken, about 10 minutes. Transfer the hazelnuts to a damp towel and rub them to remove the outer skins.

2. In a food processor, grind the hazelnuts until they are smooth and butter-like. Scrape the sides as needed so they blend evenly, about 5 minutes.

3. Add cocoa, sugar, vanilla, salt and oil to the food processor and continue to process until well blended, about 1 minute. The finished spread should have the consistency of creamy peanut butter. If it is too dry, add in a little extra hazelnut oil. Put in a container, cover and refrigerate until needed. It will keep for at least a week.

Because it thickens when refrigerated, let the spread come to room temperature before using.

Each tablespoon serving: 109 calories, 2 grams protein, 8 grams carbohydrates, 2 grams fiber, 9 grams fat, 1 gram saturated fat, 0 cholesterol, 13 mg. sodium.

### Ingredients:

- 2 cups raw hazelnuts
- 1/2 cup unsweetened cocoa powder
- 1 cup powdered sugar
- 1/2 tsp. vanilla
- 1/8 tsp salt
- 3 T hazelnut oil, more as needed.

Source: [www.cookingage.com](http://www.cookingage.com)