

## Chocolate Hazelnut Spread

2/3 cup hazelnuts, with skins on

\*1/4 cup raw honey and 3-4 pitted Medjool dates

3 - 4 Tbsp. (organic) cocoa powder

1/3 - 1/2 cup milk (I used soy milk: other options are dairy, rice, almond, hemp)

\* other sweetening options: 1/2 cup maple syrup or raw honey, without dates. This will make it sweeter and smoother; I chose part honey/part dates for a less-refined product

Toast hazelnuts in a pre-heated 350F degree oven, for about 12-15 minutes. A toaster oven works well when toasting such a small amount.

Let nuts cool slightly before rolling through your hands to rub most of the skins off.

Process the nuts in bowl of a food processor, pulsing and scraping down sides as necessary, until nuts are like a nut butter. This might take about 5 minutes.

Add sweetener and cocoa to hazelnut butter and process until smooth, about 5 minutes.

Add as much milk as necessary to achieve the consistency of cream cheese.

Scoop spread into a jar or other airtight container and store in the fridge for up to two weeks. I doubt it will last that long!

