

# HOMEMADE “KNOCK YOUR SOCKS OFF” NUTELLA

*Recipe by Stanford Health Improvement Program*

## Ingredients

- 2 cups roasted, unsalted hazelnuts
- 1 ½ tablespoons coconut oil
- 2 teaspoons pure vanilla extract
- ¼ cup (or less) brown sugar
- 1 ½ tablespoons cocoa powder
- pinch of salt

## Directions

1. Place nuts into the center of a clean dish towel. Cover it up like a purse and rub the nuts for a couple minutes to loosen the skins. Pick out the “naked” nuts and place into processor.
2. Repeat towel rubbing for the rest (it’s ok if all of the skins don’t come off).
3. Add the nuts to food processor. Process the nuts, stopping to scrape down the bowl every minute or so.
4. After 5-6 minutes of processing, add in the coconut oil and process until smooth.
5. Now add in the rest of the ingredients slowly and keep processing and scraping down the bowl for another 5-6 minutes, or until silky smooth.
6. Store in an airtight container in the fridge. It will harden slightly when chilled. Simply bring it to room temp or heat it to soften.

**Makes about 1 1/4 cup**