

Hazelnut Raw Chocolate – *Gluten, Dairy & Refined-Sugar Free*

THE INGREDIENTS

- 150g raw cacao butter (I love 'Loving Earth' Raw Cacao Butter)
- ½ cup organic coconut oil
- ¾ cup raw cacao powder (or add more if you like a strong rich flavoured chocolate)
- 100g raw honey or pure maple syrup or Brown rice malt syrup (or a combo of each)
- 1 tsp vanilla bean paste or natural extract
- Pinch of fine sea salt
- 1/3 cup hazelnuts (or any nut you prefer)
- Needed: Small baking dish, Baking paper, Stove, oven and freezer space.

THE METHOD

- If you want to roast the Hazelnuts (recommended) then pop them in a baking tray in the oven for 10 minutes at approx. 120-140 degrees. After this, let them cool and you can rub them between a towel or your hands to rub off some of their skins.
- Chop cacao butter roughly with a knife on a chopping board into little cubes.
- On the stove, melt over a low heat the coconut oil, cacao butter, your sugar choice, vanilla and pinch of sea salt together. Stir constantly until the mixture is well combined and smooth.
- Whilst this is happening, make sure your hazelnuts are spread out on a tray lined with baking paper. I like to crush the nuts a little with my hands so they are all in rough chunky pieces. Scatter them evenly on the tray.
- Once the heating liquid is well combined, remove from the heat and whisk through the Cacao powder until smooth. Add more or less here to taste. This is a good time to taste test to ensure it is sweet enough or chocolatey enough. Add more of whatever you need.
- Once ready, pour straight over the hazelnuts – spreading the mix over everything.
- Place in the freezer immediately to set, as it will separate if you set it at room temperature.
- Once frozen solid (overnight is best) then crack the pieces into small bits and store in a container in the freezer. Will melt in your mouth anytime you need a chocolate hit!

CHOCOLATE ADD-IN OPTIONS

- Apart from using other nuts, you can also add in Dried fruit, seeds (sunflower or pepitas), coconut cream (about 30mls), raw cacao nibs, shredded coconut, nut pastes (stir through whilst on the stove), edible essential oils (peppermint, orange, cinnamon, lemon or even spices like Chilli flakes or ginger for a kick!