



Homemade Nutella

From Spend with Pennies

This homemade chocolate hazelnut spread is as fun to make as it is to find ways to eat it!

Ingredients

- 1 cup whole hazelnuts
- pinch salt
- 4 oz semisweet chocolate chips
- 4 oz milk chocolate chips
- 2 tablespoons powdered sugar *or to*

Instructions

1. Toast the hazelnuts at 375 for 10-12 minutes until fragrant & the skins split
2. Place the warm hazelnuts in a kitchen towel and rub vigorously to remove some of the skins (not all of them will come off).
3. Transfer to a food processor (while warm) and puree into a paste (like thick peanut butter).
4. Melt both types of chocolate chips in the microwave (on 70% power) until smooth, about 1 minute.
5. Add in powdered sugar. With the food processor running, slowly add the melted chocolate to the ground nuts (scrape the sides if required). Continue processing until smooth. Add oil to reach desired consistency (optional).
6. Pour the mixture into a jar/container (it will thicken slightly upon cooling).

NUTRITION INFORMATION

Calories: **135**, Fat: **10g**, Saturated Fat: **4g**, Cholesterol: **1mg**, Sodium: **6mg**, Potassium: **91mg**, Carbohydrates: **11g**, Fiber: **1g**, Sugar: **8g**, Protein: **2g**, Vitamin A: **20%**, Vitamin C: **0.5%**, Calcium: **21%**, Iron: **0.9%**

(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

What's in Store bought Nutella?

Contains:

- 5 hazelnuts
- Some skim milk powder
- Some whey powder
- Half a teaspoon of palm oil
- Cocoa powder
- 5.5 teaspoons of sugar (equivalent to five Oreos)



And this works out to...


200 calories / 12 grams of fat / 22 grams of sugar

INGREDIENTS: SUGAR, VEGETABLE OIL, HAZELNUTS (13%), SKIM MILK POWDER (8.7%), FAT-REDUCED COCOA POWDER (7.4%), EMULSIFIER (SOY LECITHIN), FLAVOURING (VANILLIN).

CONTAINS HAZELNUTS, MILK, SOY.

TOTAL MILK SOLIDS: 8.7%
TOTAL COCOA SOLIDS: 7.4%

NUTRITIONAL INFORMATION	
PER APPROX. 20g (Spoon)	
Average quantity per 100g	Average Quantity per SERVE
2175kJ	435kJ
7.3g	1.5g
30.3g	6.1g
10.0g	2.0g
54.7g	10.9g
54.4g	10.9g
33mg	7.0mg



- palm oil
- skim milk powder
- cocoa
- hazelnuts
- sugar

**Save the Orangutans, Tigers and Rhinos—
Don't consume Palm Oil**

