



Health Breakdown

GLUTENFREE
VEGAN
DAIRYFREE
SOYFREE

TARGETS
SEROTONIN
HEART
CANCER
CIRCULATION

DARK CHOCOLATE HAZELNUT BUTTER

Servings: 20 Time: 10 minutes Tip: I use this as spread, frosting on cakes, as a snack on bananas, straight off the spoon and over ice cream (heat to melt)

This super smooth and dark chocolate spread is fingerlicking delicious spread thick on toasted seeded sourdough breads for breakfast! Hazelnuts are full of vit E, which is one of the primary nutrients for smooth gorgeous skin. Studies have found that the alpha-tocopherol type of vitamin E hazelnuts are so rich in may cut the risk of bladder cancer in half. Additionally, the manganese so abundant in hazelnuts goes a long way in protecting the body from cancer. Manganese is a constituent of an antioxidant enzyme produced in the mitochondria of the cells to protect the body from cancer.

Reference: Int J Prev Med 201; 3 (2): 110 - 115. Vitamin E Reduces Superficial Bladder Cancer Recurrence: A Randomized Controlled Trial. Hamid Mazdak et al.

What's in it?

- 2 cups/300g hazelnuts
- 3 oz. /80g 70% dark chocolate
- 1/2 cup/125ml virgin olive oil
- 2 tbsp. raw cacao powder
- 1/4 tsp. sea salt

What to do?

- Melt the dark chocolate
- Roast the hazelnuts just for 2 minutes under the broiler to release the nutty flavor fully
 - Place everything in food processor
 - Blend 5 min. on high speed
 - Store in airtight jar at room temperature up to 2 weeks

