ITALIAN · DESSERT · SAUCE

Sugar-Free Keto Chocolate Hazelnut Spread

30 min · Makes 10 × 2 tbsp (about 30 g) · 169 kcal a portion

Video 3:01 · Joe Duff - The Diet Chef

Vegan · Gluten-free ingredients

Roasted hazelnuts and cocoa sweetened with erythritol: 2 tbsp have about 2 g net carbs and no added sugar, 3 g of fibre, and are a good source of vitamin E (over 20% of a day).

Diet notes: Keto (2.1 g net carbs a serve).

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Ingredients

6 · MAKES 10 × 2 TBSP (ABOUT 30 G)

- [ ] 220 g **raw hazelnuts**
- [ ] 20 g **unsweetened cocoa powder**
- [ ] 4 tbsp (36 g) **confectioners Swerve** (zero-carb sweetener)
- [ ] a pinch of **salt**
- [ ] 1 tsp (4 g) **vanilla extract**
- [ ] 2 tbsp (28 g) **MCT oil**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 150°C and spread the raw hazelnuts in a single layer on a baking sheet. 0:30
2. Roast for 10–12 minutes, until they smell toasty and fragrant. 0:47
3. While still hot, tip them into a large jar, seal and shake hard so most of the skins rub off. Pour back onto the tray and pick off any loose skins. 0:55
4. Put the skinned hazelnuts in a food processor and blend for about 10 minutes, scraping down the sides now and then, until you have a runny hazelnut butter. 1:24
5. Add the cocoa powder, confectioners sweetener, a pinch of salt, the vanilla and the MCT oil, and process again until thick, glossy and almost silky. 1:45
6. Scrape into a clean jar and seal. Spread on low-carb toast or wraps, or eat by the spoonful. 2:22

> **Tip** The cook's written recipe keeps it at room temperature up to 2 weeks, or in the fridge up to a month (it firms up when cold). Macadamia or avocado oil can replace the MCT oil.

The method is a summary in our words — the video shows every step.

One portion, 2 tbsp (about 30 g), gives you

1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
169 kcal	3.7 g	4.9 g	2.8 g	16 g	20 mg
710 kJ	7% of a day	2.1 g net · 1 g sugars	10% of a day	3.5 g saturated	1% of a day
		2% of a day		21% of a day	

Energy from net carbs 5% · protein 9% · fat 86% — fits keto: 2.1 g net carbs, 86% of the energy from fat

High in (20%+ of a day) Vitamin E 22%

Source of (10–19%) Magnesium 11%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=6uVZte5lyeg, published 25 January 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-chocolate-hazelnut-spread