

HAZELNUT PASTE



Ingredients

Hazelnut Paste:

- 2 cups hazelnuts (filberts) deskinning (two methods described below)
- 2 tbsp baking soda
- 3 tbsp organic raw cacao
- 3 tbsp virgin coconut oil
- ¼ cup maple syrup or honey

Preparation of Hazelnuts

Method 1:

1. Prepare a large bowl of cold or ice water. Bring a stock pot, filled halfway with water, to a boil.
2. Add baking soda, followed by the hazelnuts. Be cautious, as this will cause some bubbling—be ready to reduce or remove the pot from heat. Let the nuts boil for 3–4 minutes. Place a nut into the cold water and try removing the skin. If the skin doesn't come off easily, continue boiling for another 30 seconds and try again.
3. Drain the nuts in a colander, then transfer them to the cold water. Once they've cooled, strain the water, and remove the skins as best you can. Next, place the nuts in a clean dish towel and gently rub to loosen any remaining skins.

Method 2:

1. Arrange the nuts on a baking sheet and roast in a 300°F oven until the skins darken and crack.
2. Remove the nuts and wrap them in a clean towel. Gently rub to remove the skins.

Instructions

1. To prepare hazelnut paste, blend all ingredients in a blender until smooth.
2. Store in the refrigerator.

Optional Tip to Improve Nut Digestibility

To remove anti-nutrients which make nuts difficult to digest:

- Dissolve 1 tbsp sea salt in filtered water (boil enough water to dissolve the salt in a glass measuring cup, then top up with water until lukewarm).
- Add the nuts and soak for at least 7 hours, or up to 24 hours.
- Drain and rinse the nuts.
- Dehydrate the nuts in a 150°F degree oven overnight (12–24 hours).