

BBtella (Healthy Nutella)

Makes about 2 cups

Ingredients

½ cup of hazelnut butter or 1 cup of whole hazelnuts

1 15-ounce can of black beans, drained and rinsed

4 Tbsp. cocoa powder

2 Tbsp. butter or coconut oil, plus 1 Tbsp. if using whole hazelnuts

4 Tbsp. raw honey, plus more to taste

2 tsp. vanilla extra

Pinch of sea salt

Directions

Total time: 5 minutes

In a food processor fitted with a metal blade, add hazelnut butter, black beans, cocoa powder, butter or coconut oil, honey, vanilla extract and salt.

If using whole hazelnuts, first add hazelnuts to a food processor or a high-powered blender and pulse until smooth.

Then add other ingredients, plus extra butter or oil.

Add more honey to taste. Store in fridge up to 3 weeks.

Recipe by: Melissa and Jasmine Hemsley (creators of the blog [Hemsley + Hemsley](#))



Read more: <http://www.oprah.com/food/bbtella-healthy-nutella-spread-recipe#ixzz4ZMYwF7H5>