

# Best Ever Low Carb “No-Tella”

**Hands-On Time: 10 minutes**

**Total Time: 10 minutes**

**Servings: 19**

**Calories: 70**

**Net carbs: <0.5g Total: <0.5g**

**Fat: 6.6g**

**Protein: 1g**



We all love chocolate spread- but those of us who care, try to avoid the leading brand as it has a lot of sugar and other questionable ingredients.

The good news is that it has never been easier to make your own no added sugar chocolate hazelnut spread - and it tastes so much better!

This spread is super versatile - and by varying the type of chocolate and amount of sweetener, you can adjust the spread to the age and taste buds of your audience. Milk chocolate for a sweeter, less chocolatey version, a mix of milk and dark chocolate for a balanced version and just dark chocolate for a grown-up spread. Sweetener can be increased or decreased, all according to personal preferences. And the [Hazelnut Butter](#) is what really makes it what it is!

Enjoy!

## **INGREDIENTS:**

1/4 cup [Organic Hazelnut Butter](#)

3 oz sugar free chocolate (dark, milk or a mix of both)

3.5 fl oz heavy cream

3 tablespoons of butter

4 tablespoons [Sukrin Icing](#)

## **METHOD:**

Chop the chocolate and mix it with the [Hazelnut Butter](#) in a heat resistant bowl.

Heat the cream to boiling - we used the microwave. Pour the cream over the chocolate/hazelnut butter mix and stir, melting the chocolate in the process. Add the butter in tiny chunks, and finally add the sweetener.

Make sure to stir until everything is mixed completely.

Transfer to a container, like a mason jar, and place in the fridge. The spread will be very soft but will harden up in the fridge. Remove from fridge and allow to soften a bit prior to consuming.

**NOTE!** Make sure to taste the spread to evaluate the sweetness. How much sweetener is added really depends on the sweetness of the chocolate used as well as personal preferences.

**The spread needs to be stored, in an airtight container, in the fridge. Consume within 7-10 days.**