



### *Sprouted Hazelnut Coconut Oil Spread*

4 cups hazelnuts  
1/4 cup coconut oil  
2 tsp. Honey  
1/4 tsp. Salt

.....

*Notes:* My very favorite coconut oil can be purchased at [Healthy Traditions](#). (If you purchase from them for the first time using that link, you will receive a [free book about Coconut Oil](#), and I will receive a gift certificate that helps our family purchase more coconut oil, thank you!)

-If you sprout your raw hazelnuts first, they will be easier to digest and it's easy to do. Just take your hazelnuts and soak them in warm water with salt added. (Ratio about 1 tbsp. salt to 4 cups nuts.) I leave them overnight and then rinse them off the next morning. You can soak hazelnuts for 7-12 hours. ([Here is an informational post](#) about why to soak your nuts and seeds, and also gives a soaking time table for the different kinds.) Once you soak your hazelnuts in salt water, then dry them in your oven or dehydrator on a low temperature for 12-24 hours. Once they're crispy and dry, you're ready to make your nut butter.

*Directions:* You want your coconut oil to be easy to blend, so keep it in a warm spot to soften it up before starting. Add your hazelnuts, coconut oil, honey, and salt in your food processor and blend it up until the big chunks have disappeared and it is creamy and smooth. Give it a taste test (and if you have a little kitchen helper by your side, they will especially love to assist in this part) to see if you like the blend as is or would prefer a bit more honey or a tad more salt. (I love it lightly sweetened and have found it too sweet for me when I've added more honey, so it's all a matter of preference.)

.....

Your decadent spread is ready to enjoy! I set some aside for a snack right away and the rest I put in glass jars and stick in the fridge. With the coconut oil, this spread will harden up in the refrigerator, so take it out awhile before you want to eat it to let it soften up for spreading and dipping. If you try it out, let me know what your family thinks of this recipe! Enjoy!

[www.woolymossroots.com](http://www.woolymossroots.com)