Hazelnut Delights

12 servings
20 minutes

Ingredients

- **3/4 cup** Coconut Oil
- **1/4 cup** Ghee
- **1/4 cup** Hemp Seeds
- **1 1/4 cups** Hazelnuts
- **1/2 cup** Almond Butter
- **2 tbsps** Maple Syrup
- **2 tbsps** Cacao Powder
- **1/8 tsp** Sea Salt (a pinch)

Nutrition

Amount per serving	
Fat	34g
Carbs	7g
Fiber	3g
Sugar	3g
Protein	6g

Directions

1. Preheat oven to 350F. Add all the hazelnuts to a small baking sheet. Toast in the oven for 5 min. or until they start to brown. Let cool. Rub with a dish towel to get the skin off (some of the skin may still remain and that is fine). Set aside 1/4 cup for topping.
2. Add 1 cup hazelnuts and all other ingredients to your high-speed blender. Blend on very high speed until you get a homogenous consistency.
3. Pour into silicone muffin cups. Top with extra chopped toasted hazelnuts and coarse salt.
4. Refrigerate for an hour or until firm to the touch.
5. Pop out of the silicone mould and enjoy.
6. Always keep refrigerated until ready to eat. They will soften if left at room temperature for too long.

Notes

No Ghee: Just use more coconut oil.

Dry Pan Toasting: Instead of using your oven, you could toast the hazelnuts in a dry frying pan.

Refrigerate: The fat bombs will keep in the fridge for about a week