



Nutrition and  
Dietetics

# Chocolate-Nut Spread



Foto: Nadja Lenherr

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## Ingredients

Yields approx.  
16 servings

100 g soft unsalted  
butter  
100 g ground peeled  
almonds (or hazelnuts)  
1–2 tbsp. cocoa powder  
(depending on  
the desired intensity  
of the chocolate  
flavor)  
1 tbsp. liquid honey  
1/2 tsp. vanilla extract

## Preparation

Churn the butter until it is frothy and mix in all the remaining ingredients. According to taste, use less nuts or more cocoa powder. Will keep well in the refrigerator for up to two weeks. Remove from the refrigerator 30 minutes before serving. This chocolate-nut spread contains 70–80% less sugar than store-bought produce.

## What Are the Effects of Sugar on Health?

> [thewaitingroom.karger.com/tell-me-about/what-are-the-effects-of-sugar-on-health/](https://thewaitingroom.karger.com/tell-me-about/what-are-the-effects-of-sugar-on-health/)

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