

chocolate hazelnut spread vegan

Chocolate hazelnut spread vegan is a delightful and versatile treat that has gained popularity among health-conscious consumers and those following a plant-based diet. As more people become aware of the benefits of vegan diets, the demand for delicious vegan alternatives to traditional spreads has surged. Chocolate hazelnut spread, known for its rich flavor and creamy texture, can now be enjoyed by everyone, regardless of dietary restrictions. In this article, we'll explore the origins of chocolate hazelnut spread, the benefits of choosing a vegan option, how to use it in various recipes, and even how to make your own at home.

What is Chocolate Hazelnut Spread?

Chocolate hazelnut spread is a creamy condiment made primarily from hazelnuts and cocoa powder, often sweetened with sugar and enhanced with oils or other flavorings. The spread is commonly used on bread, pancakes, waffles, and desserts, making it a beloved choice for both breakfast and indulgent snacks.

The Origins of Chocolate Hazelnut Spread

The history of chocolate hazelnut spread dates back to the early 19th century in Italy. The first version of this delicious treat was created by Pietro Ferrero, a pastry maker from Alba, who turned his local hazelnuts into a sweet paste. Over the years, this concoction evolved into the popular Nutella brand we know today. However, traditional recipes often contain dairy ingredients, which is why vegan alternatives have become increasingly important in the market.

Why Choose Vegan Chocolate Hazelnut Spread?

Choosing a vegan chocolate hazelnut spread offers several benefits, including:

- **Dairy-Free:** Vegan spreads do not contain milk or dairy products, making them suitable for those with lactose intolerance or dairy allergies.
- **Healthier Ingredients:** Many vegan options use natural sweeteners and healthier oils, reducing the overall sugar and unhealthy fat content.
- **Ethical Considerations:** A vegan diet promotes animal welfare and reduces environmental impact, appealing to those concerned about ethical eating.
- **Flavor Variety:** Vegan brands often experiment with unique flavor combinations and natural ingredients, offering a different taste experience.

Popular Brands of Vegan Chocolate Hazelnut Spread

As the demand for vegan products continues to grow, several brands have emerged, providing tasty chocolate hazelnut spreads that cater to vegan lifestyles. Here are a few popular options:

1. **Nutiva Organic Hazelnut Spread:** Made with organic ingredients, this spread is both rich in flavor and nutrients.
2. **Justin's Chocolate Hazelnut Butter:** This spread features a creamy texture and is made with simple, high-quality ingredients.
3. **Earth Balance Chocolate Hazelnut Spread:** Known for its buttery flavor, Earth Balance offers a delicious vegan alternative.
4. **Oskri Hazelnut Cocoa Spread:** This option is made with minimal ingredients, making it a healthy and tasty choice for anyone.

How to Use Chocolate Hazelnut Spread Vegan

The versatility of chocolate hazelnut spread vegan makes it a fun ingredient to work with in the kitchen. Here are some creative ways to incorporate it into your meals and snacks:

1. Spread it on Toast

A classic breakfast option is to spread chocolate hazelnut spread on whole-grain or gluten-free toast. Top it with sliced bananas, strawberries, or a sprinkle of chia seeds for added nutrition.

2. Use it in Smoothies

Add a spoonful of chocolate hazelnut spread to your smoothie for a delicious chocolatey flavor. Pair it with bananas, spinach, almond milk, and a scoop of protein powder for a satisfying breakfast or snack.

3. Create Desserts

Chocolate hazelnut spread can be used in various dessert recipes, such as:

- **Vegan Brownies:** Incorporate the spread into your brownie batter for an extra chocolaty flavor.
- **Cookies:** Swirl it into your cookie dough for a delightful surprise in

every bite.

- **Ice Cream Topping:** Drizzle it over vegan ice cream or frozen yogurt for a decadent dessert.

4. Dip Fruits

Use chocolate hazelnut spread as a dip for fresh fruits such as apples, strawberries, or pear slices. It's a fun and healthy snack option, especially for kids.

5. Make a Vegan Milkshake

Blend chocolate hazelnut spread with almond milk and a banana for a creamy, indulgent vegan milkshake. Adding a scoop of vegan ice cream will make it even more delightful.

How to Make Your Own Vegan Chocolate Hazelnut Spread

If you prefer to create your own chocolate hazelnut spread at home, it's easy to do with just a few ingredients. Here's a simple recipe:

Ingredients:

- 1 cup hazelnuts
- 1/4 cup cocoa powder
- 1/4 cup maple syrup or agave nectar
- 1-2 tablespoons coconut oil (melted)
- 1 teaspoon vanilla extract
- Pinch of salt

Instructions:

1. Preheat your oven to 350°F (175°C). Spread the hazelnuts on a baking sheet and roast for 10-12 minutes until they are golden and fragrant.
2. Let the hazelnuts cool slightly, then rub them in a clean kitchen towel to remove the skins.

3. Add the hazelnuts to a food processor and blend until smooth, scraping down the sides as needed.
4. Once the hazelnuts form a creamy paste, add cocoa powder, maple syrup, coconut oil, vanilla extract, and salt. Blend until well combined and smooth.
5. Transfer the mixture to a jar and store it in the refrigerator. Enjoy your homemade chocolate hazelnut spread on various treats!

Conclusion

Chocolate hazelnut spread vegan is a delicious, versatile, and ethical choice for those seeking a plant-based alternative to traditional spreads. With numerous brands offering delectable options, and the ability to create your own at home, there's no reason not to indulge in this delightful treat. Whether you use it on toast, in smoothies, or as an ingredient in desserts, vegan chocolate hazelnut spread is sure to satisfy your cravings and support your dietary needs. Enjoy the rich flavors and creamy textures while embracing a compassionate and health-conscious lifestyle!

Frequently Asked Questions

What is chocolate hazelnut spread vegan made from?

Vegan chocolate hazelnut spread is typically made from hazelnuts, cocoa powder, sweeteners like agave or maple syrup, and plant-based oils, without any dairy or animal products.

Is Nutella vegan-friendly?

No, Nutella is not vegan-friendly as it contains skim milk powder. However, there are many vegan alternatives available on the market.

What are some popular brands of vegan chocolate hazelnut spread?

Some popular brands include Nocciolata, Justin's, and stores' private labels like Whole Foods' 365 brand, which offer vegan chocolate hazelnut spreads.

Can I make my own chocolate hazelnut spread vegan at home?

Yes, you can make your own vegan chocolate hazelnut spread at home using blended hazelnuts, cocoa powder, sweeteners, and a bit of coconut oil for creaminess.

What are the health benefits of vegan chocolate hazelnut spread?

Vegan chocolate hazelnut spread can provide health benefits such as heart-healthy fats from hazelnuts, antioxidants from cocoa, and potentially lower sugar levels if you choose a product with natural sweeteners.

Is vegan chocolate hazelnut spread gluten-free?

Many vegan chocolate hazelnut spreads are gluten-free, but it's important to check the label to ensure there are no gluten-containing ingredients or cross-contamination.

How can I use vegan chocolate hazelnut spread?

Vegan chocolate hazelnut spread can be used as a topping for toast, pancakes, or waffles, as a filling for pastries, in smoothies, or even as an ingredient in baking recipes.

Does vegan chocolate hazelnut spread taste different from non-vegan versions?

While the taste can vary by brand, many vegan chocolate hazelnut spreads aim to replicate the creamy, sweet flavor of traditional spreads, and many people find them equally delicious.

How can I store vegan chocolate hazelnut spread?

Vegan chocolate hazelnut spread should be stored in a cool, dry place, and once opened, it is often best kept in the refrigerator to maintain freshness and prevent spoilage.

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