

Cocoa Hazelnut Milk

Makes 4 cups

The original recipe is from Love and Olive Oil and I add sunflower lecithin from a recipe at Luminberry.com. I use this to make a dairy-free panna cotta. ([Link](#))

Ingredients:

- 1 cup hazelnuts
- 4 dates
- 2 tsp. sunflower Lecithin
- 2 Tbsp. unsweetened cocoa powder
- Pinch of coarse salt

Equipment:

- Rimmed baking sheet
- Toaster oven or oven
- Blender or food processor
- Filter bag
- Reusable glass milk bottle



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☑	Directions	Time (min)
	Toast 1 cup of hazelnuts to blacken skins	2
	In a rimmed baking sheet, roll hazelnuts between paper towels to remove most of the blackened skins	2
	Reserve 8 nuts for garnish (see Pana cotta recipe)	1
	Soak remaining nuts overnight	12 hr.
	Pit and chop dates	1
	Drain and rinse nuts	1
	In a food processor or blender, combine nuts, dates, 2 tsp. lecithin, and 2 Tbsp. cocoa powder with 3 cups of water. Process until smooth.	3
	Pour liquid through a filter bag into a bowl	1
	Return solids to the blender. Add 1 cup water. Process and drain a second time. Squeeze out liquid. Reserve solids for use in breads, muffins or dry it and use on salads.	2
	Transfer nut milk to a bottle. Shake before using.	1
	Total	31