

# SWEET HEALTHY CREAMY VEGAN PEANUTELLA

During our trip to Iceland, our host Adrian prepared our breakfasts for us. It was truly the highlight of the day, and not just because I didn't have to cook. We would have granola, Wheatabix, and oatmeal every morning with homemade bread and tons of great toppings each day. One of my favorite creations that he came up with was this Peanutella Spread.

Ridzogirl loved to spread it on rice cakes and top them with thinly sliced apples. I liked spreading it on homemade bread like butter.

I love it because it is sweet and creamy and super healthy without any refined sugar at all. The base of the recipe is date butter and we add peanut butter and carob. I suppose you could use hazelnuts in it if you wanted to be more authentic but we are peanut butter lovers here!

## Adrian's Peanutella Spread

- 1 ½ cups dates
  - 1 ½ cups hot water
  - ¾ cup natural peanut butter
  - 2 ½ – 3 tablespoons roasted carob powder
  - 1 Tablespoons vanilla extract
  - salt to taste (less if your peanut butter is salted)
1. Soak dates in hot water for several hours or even overnight in the refrigerator.
  2. Add date mixture to the bowl of a food processor with the vanilla, peanut butter, carob and salt if using.
  3. Process until smooth and creamy.
  4. Serve immediately or refrigerate for 5-7 days. If it lasts that long.

If you want to try hazelnut spread. Use 1 cup of nuts and toast and remove skins like they do here. Put the nuts in the processor alone and process until you have a creamy nut butter. It could take a while.