

Chocolate Hazelnut Protein Dip: Savoury-Sweet Nut Spread

Creamy cocoa and roasted hazelnuts paired with crisp homemade breadsticks



PREP
20 min

COOK
15 min

TOTAL
35 min

SERVES
2 servings

CALORIES
312 kcal

Ingredients

- 20 g roasted hazelnuts, peeled
- 23 g 70% dark chocolate, melted
- 8 g whey protein isolate, sourced from dairy
- 8 g reduced-fat cocoa powder, 35% cacao
- 4 g rapeseed oil
- 4 g cocoa butter, softened
- 4 g maltitol sweetener
- 4 g sweetened whey powder, milk
- 1 g vanilla extract
- 1 g sunflower lecithin flakes
- 0.4 g fine sea salt
- 18 g wheat flour
- 8 g sunflower oil
- 2 g salt

Instructions

1. Prepare the oven: Preheat your oven to 180°C (356°F). Line a baking tray with line paper or a silicone mat to prevent the dough from sticking during the bake.
2. Melt the chocolate: Gently melt the dark chocolate and cocoa butter in a small saucepan over low heat. Stir until the mixture is silky. Remove it from the heat to cool slightly so it does not seize when mixed.

3. Blend the paste: Combine the roasted hazelnuts, rapeseed oil, maltitol, sweetened whey powder and whey protein isolate in a bowl. Blend these into a coarse paste to establish the base texture of the dip.
4. Finish the dip: Stir the melted chocolate mixture, vanilla extract and sunflower lecithin into the hazelnut paste. Mix until smooth. Refrigerate the mixture for 10 minutes so the flavours can meld together.
5. Prepare the dough: Whisk the sunflower oil and water into your sifted dry ingredients. Knead the dough on a floured surface for 5 minutes. You want the dough to feel smooth and elastic.
6. Prove the dough: Place the dough in a lightly oiled bowl and cover it with cling film. Leave it at room temperature for 30 minutes to rise slightly. This allows the yeast to activate and soften the crumb.
7. Shape and bake: Roll the dough into 0.5cm wide sticks and place them on the tray. Bake for 12–15 minutes until they are crisp and lightly golden. Cool them to room temperature to set the crunch.

Notes

What to serve with it Pair this dip with sliced fresh banana, apples, or mixed berries for a fresh contrast. You can also spread it on whole-grain toast or Welsh muffins with a drizzle of honey. For breakfast, stir the dip into toasted oatmeal or granola and top with chia or flax seeds for added nutrition.

Storing and reheating Store the dip in an airtight glass jar at room temperature for 5 days. Keep breadsticks in a sealed bag for 3 days to maintain crispness. For longer storage, freeze both separately in airtight bags for 2 months. Thaw the dip at room temperature and stir it to restore smoothness.