

Nutty Chewy Chocolate Truffles - GF, SF, CF, VEG

Comments:

A word on chocolate: I love it! It is touted to contain more antioxidants than any other food on the planet and is actually low in caffeine, however it does contain some stimulant properties so consume in moderation and talk to your doctor. A word on stevia: Stevia is an herbal extract that is sugar free and does not negatively impact blood sugar levels – avoid brands that use fillers or other ingredients and simply purchase in its pure form. Talk to your doctor before using if you have kidney issues.

Ingredients:

1 cup raw organic almond or walnut butter (cashew butter may be okay if you are not having candida issues)
1 bar 100% unsweetened baking chocolate (Dragoba is a good organic brand)
1/2 tsp stevia powder
1/2 cup toasted crushed almonds, pecans, hazelnuts or dried unsweetened coconut
1/4th cup 100% organic unsweetened cocoa powder
pinch Himalayan pink salt

Directions:

Toast nuts in a dry pan on medium low heat until fragrant and golden – about 5 minutes. In the meantime place chopped chocolate bar in double boiler and melt with pinch of salt and stevia, adding nut butter until all are mixed together. Remove mixture from heat and allow to cool slightly. Form round truffle size balls. Place cocoa powder and toasted nuts on a plate. Roll truffles in cocoa powder and nuts or dried coconut. Place finished truffles on a tray and freeze for a minimum of 30 minutes or eat them right away if you are like me and cannot wait.

Submitted by: Kaela 08/09