

Avocado Chocolate Truffles



Prep time: 15minutes, plus 30 minutes cooling time, plus additional 15 minutes

Cooking time: none

Servings: Approximately 15 bite-size balls

Ingredients

- 3.5 oz dark chocolate*
- 1 cup mashed avocado (2 small avocados or 1 large)
- ½ teaspoon vanilla extract
- 3 Tablespoons cacao powder
- 4-6 Tablespoons powdered sugar (or 3 Tablespoons powdered Monk Fruit)

Directions:

1. Use a fork or stick blender to mash the avocado until it is completely smooth. No lumps!
2. Melt the chocolate. Place chocolate in a microwave safe bowl and microwave for 15 seconds. Remove and stir. Continue microwaving (and stirring) in 15 second increments until the chocolate is almost melted. Stir until no lumps remain.
3. Add the melted chocolate to the mashed avocado. Mix until combined.
4. Mix in the sugar/monk fruit and vanilla extract. Mix well. Add the cocoa powder and stir to combine**.
5. Let the mixture chill in the fridge for 30 minutes. Use your hand to roll 1 - 2 Tablespoons mixture into a truffle ball.
6. Roll each ball in a coating to finish (cocoa powder, powdered sugar, nuts, Oreo crumbs, or sprinkles).

Notes:

*The type of dark chocolate you choose will impact on the final flavor. I've used a 75% Lint chocolate and the result was delicious but not super sweet.

**Use 3 Tablespoons of cocoa powder to make soft truffles. Add more cocoa powder to make denser, harder truffles. Note that the truffles will harden a bit as they cool so it's best to add the extra cocoa after chilling them.

Recipe compliments of Dishnthekitchen.com