

CHOCOLATE TRUFFLES

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3-Ingredient Chocolate Truffles are perfect to have in the fridge for a little go-to chocolate to satisfy those little cravings. By using these you are satisfying them in the healthiest way you can, while still getting that chocolate fix.

 Makes 8 truffles  Total Time: 48min  Prep: 3min

Ingredients

- 6 tbsp coconut oil melted
- 6 tbsp cacao powder
- 5 tbsp maple syrup
- Pinch salt

Optional Toppings:

- Cacao powder
- Crushed pistachios
- Cacao nibs
- Desiccated coconut

Method

- Add the melted coconut oil and maple syrup to a Bain Marie and mix together
- Slowly add each tbsp of cacao powder whisking until you have a smooth mix
- Add a pinch of salt and mix in
- Transfer to a bowl and place in the freezer for 45-60 minutes
- Remove from the freezer (the mix should be fairly firm) and scoop out with a spoon into your hands and roll into balls
- Choose a topping to cover it in
- Place back in the freezer for 15-30 mins

Equipment needed:

A small saucepan, mixing bowl, spoon, fridge/freezer

Tips:

Try topping your truffles with either ground pistachios, cacao nibs (my favourite) or just cacao powder.