



WHATSheATE



Chocolate-Coconut Truffles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.8 cup agave nectar



2.3 cups cocoa powder raw sifted



1 cup coconut or dried shredded



0.5 cup coconut butter/oil warmed



0.3 teaspoon sea salt



2 teaspoons vanilla extract

Equipment



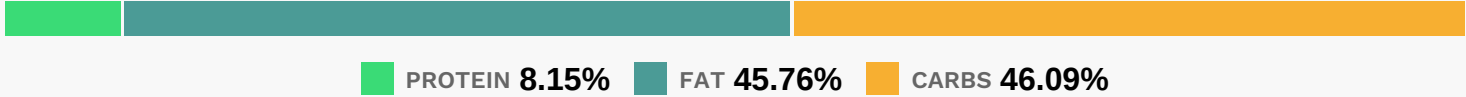
bowl

☐ blender

Directions

- ☐ In a high-speed blender, blend the warmed coconut butter/oil, agave nectar, vanilla, and salt.
- ☐ Add the shredded coconut, 1/2 cup at a time, and blend until smooth.
- ☐ Transfer the mixture to a bowl and stir in 2 cups of the cocoa powder until thoroughly combined.
- ☐ Place the bowl in the refrigerator for about 10 minutes or more to set slightly.
- ☐ Place the remaining 1/4 cup cocoa powder onto a small plate. Spoon heaping tablespoons of the chocolate mixture and roll them into balls.
- ☐ Roll these in the cocoa powder. Store the finished truffles in the refrigerator.
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- ☐ Collins Publishers.

Nutrition Facts



Properties

Glycemic Index:0.38, Glycemic Load:0.47, Inflammation Score:-2, Nutrition Score:2.6717391234377%

Flavonoids

Catechin: 3.14mg, Catechin: 3.14mg, Catechin: 3.14mg, Catechin: 3.14mg Epicatechin: 9.5mg, Epicatechin: 9.5mg, Epicatechin: 9.5mg, Epicatechin: 9.5mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 50.04kcal (2.5%), Fat: 3.05g (4.7%), Saturated Fat: 1.93g (12.04%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 4.46g (1.62%), Sugar: 3.19g (3.54%), Cholesterol: 0mg (0%), Sodium: 17.14mg (0.75%), Alcohol: 0.07g (100%), Alcohol %: 0.65% (100%), Caffeine: 11.13mg (3.71%), Protein: 1.22g (2.45%), Manganese: 0.24mg (12.23%), Copper: 0.2mg (10.04%), Fiber: 2.46g (9.83%), Magnesium: 26.12mg (6.53%), Iron: 0.8mg (4.46%), Phosphorus: 39.94mg (3.99%), Zinc: 0.37mg (2.49%), Potassium: 85.53mg (2.44%), Selenium: 1.16µg (1.65%), Vitamin B2: 0.02mg (1.22%), Vitamin B6: 0.02mg (1.09%), Vitamin K: 1.06µg (1.01%)