



## 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

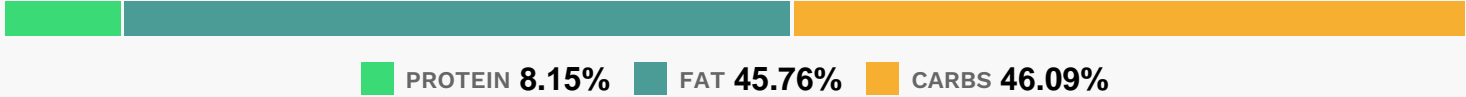
- ☐ bowl

☐ 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%)