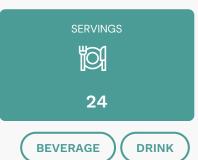


Green-Tea Truffles







Ingredients

	2 cups chocolate	white finely chopped
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- 0.5 cup rice cereal crispy crushed
- 2 ginger tea bags
- 1.5 cups cup heavy whipping cream
- 0.8 cup powdered sugar
- 0.5 teaspoon salt
- 1 tsp vanilla extract

Equipment

	bowl	
	baking sheet	
	sauce pan	
	double boiler	
	ziploc bags	
	microwave	
	measuring cup	
Directions		
	In a double boiler, partially melt the white chocolate over simmering water until it's semiliquid but still lumpy.	
	Place the cream, tea bags, and salt in a heat-proof measuring cup and microwave for 1 minute. (Alternatively, heat these ingredients in a small saucepan just until they simmer, then cool for 1 minute.)	
	Remove the tea bags. In a medium bowl, stir together the cream mixture and the melted chocolate.	
	Add the vanilla. Keep stirring until the mixture smooths into a well-blended ganache.	
	Cool the ganache in the refrigerator for at least 30 minutes.	
	With two spoons, scoop 1-in/2.5-cm balls of the ganache onto a baking sheet.	
	Roll the balls with your hands into smooth, uniform shapes. Chill if necessary.	
	Sift the matcha and powdered sugar together in a small bowl.	
	Mix in the cereal. Dip each ganache ball into the matcha mixture and shake off the excess.	
	Serve at room temperature.	
	Store in an airtight container or a zip-top plastic bag in the refrigerator for 4 days or for 2 months in the freezer.	
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Nutrition Facts

Properties

Glycemic Index:2.92, Glycemic Load:4.54, Inflammation Score:-1, Nutrition Score:1.2556521698185%

Nutrients (% of daily need)

Calories: 126.45kcal (6.32%), Fat: 8.9g (13.7%), Saturated Fat: 5.56g (34.73%), Carbohydrates: 11.04g (3.68%), Net Carbohydrates: 11.01g (4%), Sugar: 10.61g (11.79%), Cholesterol: 19.12mg (6.37%), Sodium: 62.47mg (2.72%), Alcohol: 0.06g (100%), Alcohol %: 0.25% (100%), Protein: 1.1g (2.19%), Vitamin A: 221.96IU (4.44%), Vitamin B2: 0.06mg (3.58%), Calcium: 31.83mg (3.18%), Phosphorus: 28.46mg (2.85%), Vitamin E: 0.24mg (1.62%), Vitamin D: 0.24µg (1.59%), Selenium: 1µg (1.44%), Vitamin B12: 0.09µg (1.42%), Vitamin K: 1.48µg (1.41%), Potassium: 46.39mg (1.33%), Vitamin B5: 0.1mg (1.05%)