

Green-Tea Truffles

 Vegetarian

READY IN



60 min.

SERVINGS



24

CALORIES



134 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups chocolate white finely chopped
- ☐ 0.5 cup rice cereal crispy crushed
- ☐ 2 ginger tea bags
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 0.3 cup matcha tea powder (Japanese green-tea powder)
- ☐ 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



PROTEIN 6.97% **FAT 59.98%** **CARBS 33.05%**

Properties

Glycemic Index:2.92, Glycemic Load:4.54, Inflammation Score:-2, Nutrition Score:1.4695652140223%

Nutrients (% of daily need)

Calories: 133.84kcal (6.69%), 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 %: 0.23% (100%), Protein: 2.33g (4.66%), Vitamin A: 345.19IU (6.9%), Vitamin B2: 0.06mg (3.58%), Calcium: 31.83mg (3.18%), Phosphorus: 28.46mg (2.85%), Iron: 0.5mg (2.77%), 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%)