



WHATSheATE

Last-Minute Vegan Gingersnap Truffles

 Gluten Free

READY IN



30 min.

SERVINGS



16

CALORIES



117 kcal

DESSERT

Ingredients

- ☐ 8 Ounces gingersnap cookies gluten-free
- ☐ 1 Tablespoon maple syrup
- ☐ 8 Ounces dairy-free semi-sweet chocolate
- ☐ 0.3 Teaspoon vanilla extract
- ☐ 0.5 cup vegan "cream cheese" for soy-free, use the creamy cashew "cheese" in go dairy free

Equipment

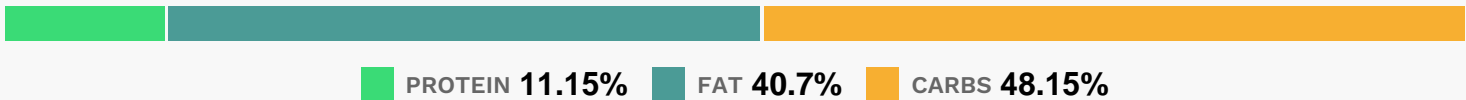
- ☐ food processor
- ☐ bowl

☐ blender

Directions

☐ Place all of the cookies in your food processor or blender, and let it rip.Grind them down to a slightly coarse but even powder, and you should end up with about 1 2/3 cups of crumbs.In a separate bowl, soften the “cream cheese” so that it spreads easily, and mix in the maple syrup and vanilla.Once smooth an homogeneous, add in the crumbs. You may need to use your hands to get everything evenly incorporated.When it’s ready to use, it should look like a brand new batch of gingersnap dough.Pinch off walnut–sized pieces and either roll them in cocoa powder, or melt the chocolate and dip them in that.If you’re dipping the truffles, place them on a silpat once enrobed, and allow the chocolate to set completely before serving or packaging. Admittedly, these do get better if you can make them a day or two in advance to let the flavors meld and mellow... But they’re still tasty no matter what!

Nutrition Facts



Properties

Glycemic Index:3.97, Glycemic Load:0.41, Inflammation Score:-5, Nutrition Score:6.598695707062%

Flavonoids

Catechin: 9.19mg, Catechin: 9.19mg, Catechin: 9.19mg, Catechin: 9.19mg Epicatechin: 27.84mg, Epicatechin: 27.84mg, Epicatechin: 27.84mg, Epicatechin: 27.84mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 117.4kcal (5.87%), Fat: 6.74g (10.37%), Saturated Fat: 2.58g (16.11%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 12.24g (4.45%), Sugar: 6g (6.66%), Cholesterol: 7.16mg (2.39%), Sodium: 77.34mg (3.36%), Alcohol: 0.02g (100%), Alcohol %: 0.07% (100%), Caffeine: 32.6mg (10.87%), Protein: 4.16g (8.32%), Manganese: 0.57mg (28.68%), Copper: 0.54mg (26.93%), Fiber: 5.72g (22.87%), Magnesium: 71.64mg (17.91%), Phosphorus: 111.64mg (11.16%), Iron: 1.98mg (11%), Zinc: 1.01mg (6.73%), Potassium: 227.73mg (6.51%), Vitamin B2: 0.07mg (3.91%), Selenium: 2.64µg (3.77%), Calcium: 35.83mg (3.58%), Vitamin A: 95.27IU (1.91%), Vitamin B3: 0.32mg (1.58%), Folate: 5.17µg (1.29%), Vitamin B6: 0.02mg (1.04%)