



## Mignardises (Vegan Truffles)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



260 min.

SERVINGS



80

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 cup cashew butter raw
- ☐ 1 cup cocoa powder
- ☐ 80 servings variety of coatings such as coconut dried crushed chopped
- ☐ 1 cup maple syrup
- ☐ 1 tablespoon nama shoyu raw ( soy sauce)
- ☐ 0.5 teaspoon vanilla seeds scraped from vanilla bean

## Equipment

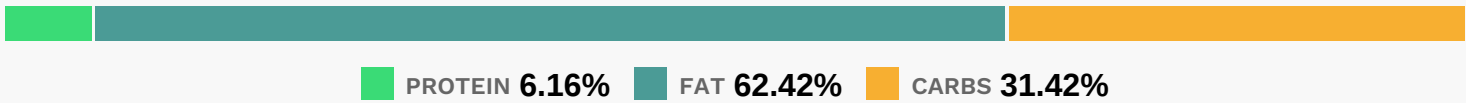
- ☐ food processor

☐ melon baller

Directions

- ☐ In a food processor, combine cashew butter, maple syrup, cocoa powder, vanilla seeds and nama shoyu and process until smooth and thick.
- ☐ Pour into a shallow container and cover and refrigerate for 4 hours.Using a melon baller, scrape truffle base into small balls.Fill or roll chocolate truffles with spices, seeds, nuts or dried fruits of your choice.Shape as desired (rounds, pear-shaped, nougat, or cylinders).

Nutrition Facts



Properties

Glycemic Index:0.77, Glycemic Load:1.05, Inflammation Score:-1, Nutrition Score:2.4617391484587%

Flavonoids

Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 67.71kcal (3.39%), Fat: 5.08g (7.82%), Saturated Fat: 3.37g (21.06%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 4.39g (1.6%), Sugar: 3.06g (3.4%), Cholesterol: 0mg (0%), Sodium: 15.64mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Manganese: 0.31mg (15.55%), Copper: 0.15mg (7.73%), Fiber: 1.36g (5.45%), Magnesium: 17.76mg (4.44%), Vitamin B2: 0.06mg (3.65%), Phosphorus: 34.11mg (3.41%), Iron: 0.56mg (3.13%), Zinc: 0.38mg (2.52%), Potassium: 78.95mg (2.26%), Selenium: 1.53µg (2.19%), Vitamin B1: 0.02mg (1.35%), Folate: 5.16µg (1.29%)