



# Healthy Homemade Truffles

Total time: 1 hr 15 min | Makes 10 servings



## Ingredients

- 1 cup creamy almond butter
- 1/4 cup raw unsalted almonds
- 1 cup old-fashioned rolled oats
- 1 tablespoon honey
- 1 teaspoon coconut oil
- 4 ounces dark chocolate (look for 70-85% cacao)
- Optional toppings: unsweetened dried coconut flakes, chopped nuts, cocoa powder, no-sugar added dried fruit



## Directions

1. Line a baking sheet or glass dish with parchment paper. **Pro tip: make sure whatever you are using can fit in your fridge!**
2. Place the almond butter, almonds, oats and honey in the food processor and blend until fully combined.
3. Use your hands to roll the mixture onto 1/2 inch balls (you should end up with 10 truffles). Place on the prepared cookie sheet or glass dish. Let cool for 15 minutes in the fridge.
4. Melt the dark chocolate and coconut oil over a double boiler. Alternately, you place in a microwave-safe bowl and microwave in 20 second instruments, stirring in between, until the chocolate is melted and smooth.
5. Cover the truffles with the melted chocolate, and add any additional toppings if desired.
6. Freeze for 30 minutes to harden the chocolate.
7. Store in the fridge. Enjoy chilled.

## Nutrition Facts

Calories 280 per serving, Total Fat 20g, Saturated Fat 5g, Cholesterol 0mg, Sodium 90mg, Carbohydrate 19g, Fiber 4g, Total Sugars 7g, Added Sugars 2g, Protein 8g