



## From the Kitchen of Executive Chef Jessica VanRoo



### Guilt-Free Chocolate Truffles

Serves 16

*34 calories per truffle (not including garnish)*

#### Description

Chocolate is a champion for mind and body. It leads the brain to produce anandamide, a neurotransmitter that temporarily blocks feelings of pain and depression.

It also contains flavanols, which help produce nitric oxide, relaxing blood vessels, improving blood flow and lowering blood pressure. Better blood flow protects the heart and improves cognition.

One of these delectable truffles is a perfect evening treat because chocolate is rich in magnesium, a mineral that regulates melatonin and helps body and brain relax for a better night's sleep.

Total cost: \$4.21/\$0.26 per serving

#### Ingredients - Truffles

- 80 grams unsweetened raw cacao powder (appx.  $\frac{3}{4}$  cup, use scale for best results)
- 3 tablespoons unsweetened vanilla almond milk or other milk substitutes
- 5 tablespoons pure maple syrup, honey, agave or date syrup
- 1 teaspoon vanilla extract (optional)



**From the Kitchen  
of  
Executive Chef  
Jessica VanRoo**



**Guilt-Free Chocolate Truffles**

**Ingredients - Garnish**

- cocoa powder
- chopped nuts
- shredded coconut
- melted chocolate, for coating (optional)

**Instructions**

1. In a bowl, combine cocoa, milk, sweetener and vanilla, mixing very slowly until ingredients are fully blended.
2. Refrigerate for 30 minutes.
3. Line baking sheet with parchment paper.
4. Roll chilled chocolate mixture into 16 balls, moistening hands as needed to prevent sticking.
5. Coat truffle balls by rolling in garnish of choice.
6. Refrigerate until ready to serve.