



## From the Kitchen of Executive Chef Jessica VanRoo

### Black Bean Oatmeal Nut Truffles

Makes 12-16 depending on size

#### Ingredients

- 7 medjool dates, pitted and soaked in water until soft (soaked & pitted), reserve water
- 1½ cups cooked unsalted black beans, 1 15 oz can drained and rinsed
- ½ cup rolled or quick oats, toasted
- 1/3 cup raw cacao powder
- 1 teaspoon vanilla extract (optional)
- 1 heaping cup of toasted nuts (any kind), well-chopped

#### Instructions

1. In your food processor, combine dates with black beans, oats, cacao powder and vanilla.
2. Puree until smooth, adding the reserved date soaking water as needed. The mixture should be thick and scoopable. If the mixture is very thin, you can add more oats pureed into a flour.
3. Scoop out about 2 tablespoons of mixture and roll into a ball. If the mixture is hard to manage, refrigerate for 30 minutes.
4. Place nuts on a plate and roll oat mixture in nuts. Refrigerate until you are ready to serve.