

Makes:
20 truffles

Prep time:
20 minutes,
plus chilling
time

CHOCOLATE TRUFFLES

PEGAN DIET

Sweetened with dates, these little confections will satisfy when the craving strikes for something rich and chocolaty. If you'd like to change up the flavor a bit, dust the tops of the cacao-coated truffles with ground cinnamon or ground seeds—or even curry powder for a spicy kick!

- 7 to 9 Medjool dates, pitted
- 1 cup raw cashews
- 3 tablespoons cacao powder, plus $\frac{1}{4}$ cup for dusting
- 1 teaspoon alcohol-free, gluten-free pure vanilla extract
- 1 teaspoon ground nutmeg
- $\frac{1}{8}$ teaspoon sea salt

In a food processor, combine 7 of the dates, the cashews, 3 tablespoons of the cacao powder, and the vanilla, nutmeg, and salt. Process until the mixture is finely ground and begins to stick together, 45 to 60 seconds. Pinch off a marble-size piece and squeeze it in your hand; it should be cohesive. If it isn't, return it to the food processor, add the remaining 2 dates, and process until well combined.

Transfer the mixture to a bowl. Using a small ice cream scoop or two spoons, portion the mixture into 20 evenly sized mounds and place on a small baking sheet. Use your hands to roll each mound, one at a time, into a firmly packed ball and place it back on the baking sheet.

Put the remaining cacao powder in a small bowl. Roll each truffle in the cacao powder until coated on all sides and return it to the baking sheet. Cover and refrigerate the truffles until firm, at least 1 hour or up to 1 week. Serve chilled.

Nutritional analysis per serving (1 truffle): Calories: 588, Fat: 58 g, Saturated Fat: 31 g, Cholesterol: 0 mg, Fiber: 3 g, Protein: 3 g, Carbohydrates: 12 g, Sodium: 60 mg, Sugars: 8 g