

CHOCOLATE TRUFFLES

Makes:
20 truffles

Prep time:
20 minutes,
plus chilling
time

VEGAN 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