



# Raw Chocolate Truffles

If you love chocolate as much as I do, these raw chocolate truffles are an amazing way to get your chocolate fix while avoiding refined sugars and getting a healthy boost of energy. They honestly take about five minutes to make in the food processor and are delicious! I love my sweets but I also like them to have some nutritional value. Especially now with my daughter, I need to make sure that I have energy and I don't have the space for the energy crash that comes with consuming sugars. So when you're tired and craving sweets or chocolate these are a perfectly healthy option and will give you a little boost to keep you going throughout the day!

## *Health Benefits*

- Packed with omega 3 fatty acids from the walnuts.
- They contain healthy fats and plant based protein from the hemp hearts.
- Free of refined or added sugar as they are sweetened with dates.
- The raw cocoa is packed with antioxidants and magnesium which is a common deficiency today.
- The raw cocoa also has some caffeine so it will give you that extra boost of energy which is just needed some days!



## *Ingredients*

- 1 cup raw walnuts
- ½ cup hemp hearts
- 1 cup pitted medjool dates
- ½ cup raw cocoa powder
- 1 tsp. vanilla extract
- 1 pinch of sea salt (or to taste)

## *Directions*

1. Start by adding the walnuts and hemp hearts into the food processor for a couple of minutes until blended into a smoother consistency.
  2. Then add dates and blend for another minute or so.
  3. Once blended as the cocoa powder, vanilla and sea salt and blend some more. Until a smooth dough like consistency. It may form into one big ball in the food processor when it's done.
  4. Roll into balls using your hands. Using approximately 1 heaping tablespoon at a time.
  5. Set in freezer for a couple of hours before eating for the best texture.
  6. Store in freezer.
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